Toronto metro

MONDAY, NOVEMBER 21, 2016

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ELLEN VANSTONE

Advice for your all-important first date

metroVIEWS

MOUTH TO SNOUT

Where to find first aid and CPR classes for dogs in Toronto metroNEWS

Toronto metro

Your essential daily news | MONDAY, NOVEMBER 21, 2016 | High 2°C/Low -1°C Chance of flurries

Need help with *me time*? These women have you covered metroLIFE

#WomenOnBoards A five-part Metro special focus

Tanya van Biesen, an executive director at Catalyst Canada, isn't thrilled by the idea of quotas — but says their results are hard to ignore. EDUARDO LIMA/METRO

Getting on board

Once a dirty word in the gender-parity discussion, quotas are now seen as a major step forward in leading countries

metroNEWS

PEDESTRIAN FATALITIES

Deaths on provincially patrolled roads at 8-year high

Luke Simcoe
Metro | Toronto

Toronto isn't the only jurisdiction grappling with a rising number of pedestrian fatalities.

New data released by the OPP shows the number of pedestrians killed on provincially patrolled roads has reached an eight-year high. Between Jan. 1 and Nov. 13, 30 pedestrians died in collisions, a 66 per cent increase over the same time period last year.

The most recent fatality was a 22-year-old man struck by a driver Friday night in East Gwillimbury.

OPP Sgt. Kerry Schmidt called the trend "alarming."

"We all need to get home safely every day," he said. "As a driver, be alert, avoid distractions, continually scan for pedestrians and always be prepared to stop.

"As a pedestrian, be aware of your surroundings ... and do not assume a driver sees you even if you can see them."

The province, in partnership with Sunnybrook Hospital, launched a campaign encouraging pedestrians to wear bright clothing in the dark. But OPP stats suggest most pedestrian fatalities (65 per cent) occur in broad daylight. Of the 30 pedestrian deaths investigated by OPP this year, only seven per cent occurred in the dark, Schmidt said. The remaining 28 per cent happened at either dawn or dusk.

Toronto is also experiencing a spike in pedestrian deaths. Thirty-nine pedestrians have been killed on local roads this year, surpassing last year's tally of 38.

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metro NEWS
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Sabra brand hummus recalled nationwide over possible Listeria contamination.

Humans of Toronto by K. Omar

"I spent time in a monastery in Ann Arbor, Mich. It was a Zen Buddhist monastery, similar to the one Leonard Cohen joined. I shaved my head completely, I lived in this monastery and I would do long periods, like 12 hours, of meditation and keep silent. Then at night, I would climb out the window, down a tree and go to town to listen to music and dance all night. I'd come back early in the morning for morning sitting meditation. Everybody else would be like, 'Oh we must be strict.' One day when I was jumping out the window, I realized the Zen Master was there, and he was joining me. He said, 'OK, let's go listen to some music.' And that was my happiest time. It was really delightful because I realized he liked music too.

Humans of Toronto is K. Omar's social photography project aimed at photographing and talking to people in the city. Selections from her work feature weekly in Metro. See more at Humans of Toronto on Instagram.

A commissioned mural of Drake painted on the side of 18 Croft St. The property owners are fighting a city order to have the mural removed. EDUARDO LIMA/METRO

Business, city at odds over mural

GRAFFITI

Commissioned Drake artwork being targeted for removal

Gilbert Ngabo
Metro | Toronto

When Craig Small looks at a mural of Drake that adorns the side of his property, he sees an artistic tribute to one of Toronto's most popular ambassadors.

But when city officials look at the same picture, they see vandalism.

Small and his business partner at The Juggernaut — a visual effects and animation studio — recently bought a piece of property at 18 Croft St. to use as a pop-up art gallery.

They commissioned local artist Kestin Cornwall to paint a mural on the outside, and the painter created a mural depicting the Six's favourite rapper.

"It's a beautiful piece of art of Drake keeping a watchful eye over his city," Small said, adding the painting has been popular with his neighbours.

However, the city sent Small a graffiti advisory last week — just days after the mural was finished — demanding it be removed.

"It's just shocking," he said, noting it's not clear if anyone from the neighbourhood complained about the painting or if city staff took the initiative.

City officials were unavailable for comment Sunday.

Under the municipal code, street art and graffiti murals are permitted provided they "aesthetically enhance" the area and are done with the property owner's permission.

Graffiti must be removed if it's considered tagging, or contains hateful or profane language.

Small praised the city's Street Art program for its efforts in beautifying different corners of Toronto and said he doesn't understand how his commissioned mural qualifies as vandalism.

The city has given Small until Nov. 28 to remove the mural, but he says he's going to fight the order.

"No, I will not comply. If they want to pursue it further with me, that's fine," he said.

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Police officer guilty of driving over 80

ADAM LOURENCO

Second such conviction, this time in force vehicle

The Toronto police officer implicated in the so-called Neptune Four case drove drunk behind the wheel of a Toronto police car while off-duty this year, Torstar News Service has learned — the second time he has been caught drinking and driving since becoming an officer.

Const. Adam Lourenco was pulled over by police in Bradford, West Gwillimbury, in May, after he sped through a 50 km/h area at 90 km/h. Smelling alcohol on Lourenco's breath, officers administered a breathalyzer test, which registered his blood alcohol level at more than twice the legal limit.

Inside Lourenco's car, police found a can of diet soda containing hard liquor. The vehicle was the property of the Toronto police, though it was not a marked scout car.

A surveillance video image of the "Neptune Four" arrest of four black teens in 2011. Disciplinary hearings are ongoing. TORSTAR

Lourenco pleaded guilty to one count of driving with more than 80 milligrams of alcohol in 100 millilitres of blood (known as "over 80"). He was fined $1,100 and had his licence revoked for a year.

In court, neither the Crown prosecutor nor Lourenco's lawyer told the judge the accused was a police officer.

Lourenco was briefly suspended from Toronto Police Service with pay. He is now on administrative duties.

Both Lourenco and his lawyer, Lawrence Gridin, declined Torstar News Service's request for a comment.

TORSTAR NEWS SERVICE

BACKGROUND

Const. Adam Lourenco's past and current appearances before the Toronto police disciplinary tribunal

Drunk driving misconduct charges, from May 2016 incident: ongoing

1) being found guilty of a criminal offence
2) acting in a disorderly manner, or a manner likely to bring discredit upon the reputation of the Toronto police

Neptune Four misconduct charges: ongoing

1) making an unlawful or unnecessary arrest

CRIME

Shooting victim identified by police

Police have confirmed the identity of Caheem Ramsuchit, 17, who was killed in a brazen daylight shooting on Saturday morning.

Ramsuchit, who was also known as "Clayshawn" to those close to him, was visiting friends, in the backyard of a home on Shoreham Court, near Jane Street and Steeles Avenue, when a black SUV pulled up just before noon, police say.

Caheem Ramsuchit
FACEBOOK

Two male individuals got out of the SUV and shot the boy four to six times before fleeing in the vehicle.

Police believe it was a targeted shooting.

Toronto police confirmed Ramsuchit's identity in a media release on Sunday afternoon and said a gunshot wound to the torso is what killed him.

They also said that the victim was not previously known to police

The incident is Toronto's 60th homicide this year.

TORSTAR NEWS SERVICE

ROADS

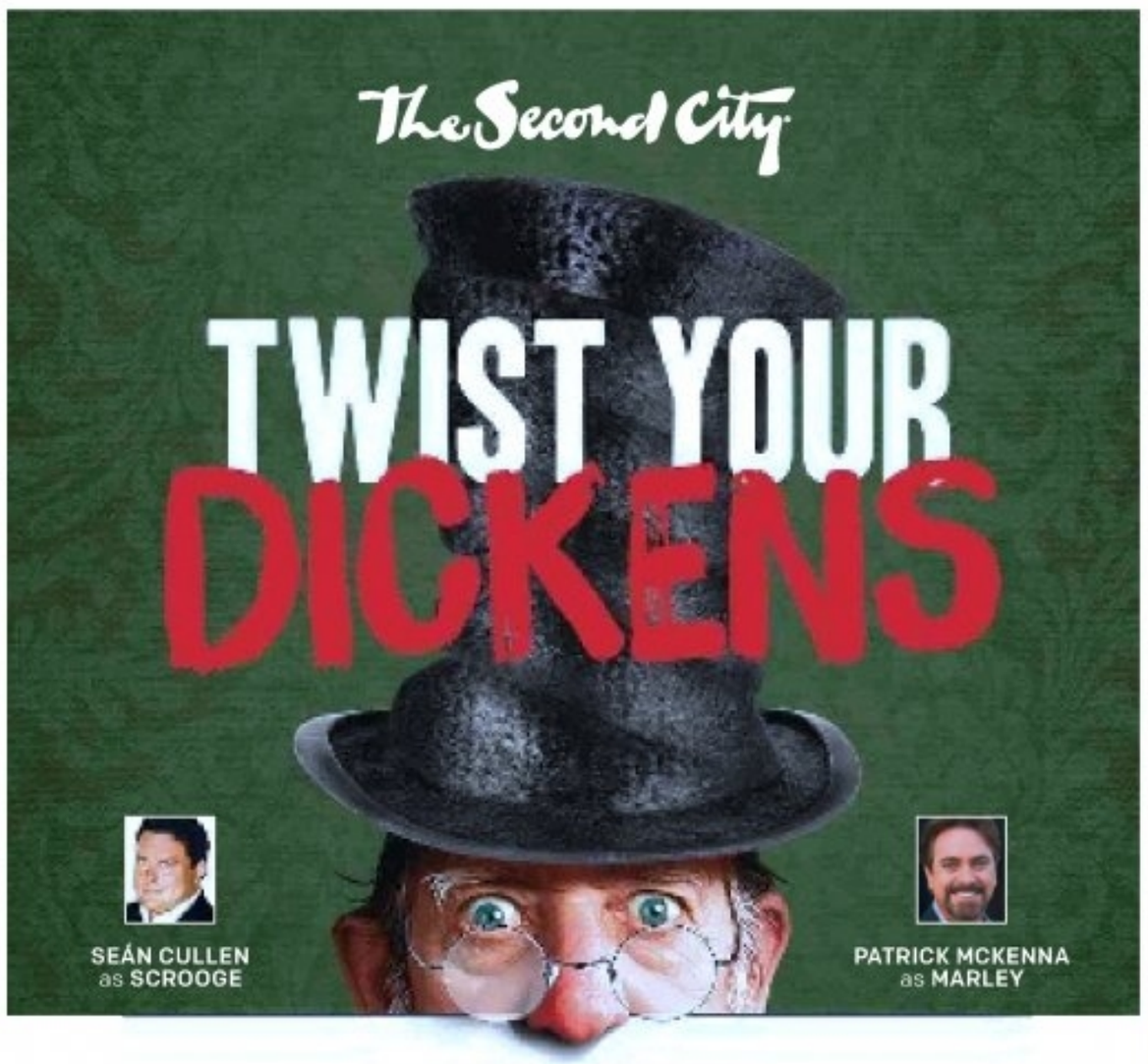
Mother and baby hit by car on sidewalk

A woman is in serious condition after she was hit by a car Sunday while walking with her baby in a stroller.

The accident happened near the intersection of Bay and Cumberland streets at around noon Sunday.

Police say that a crash between two cars sent one of the vehicles over the sidewalk and into the mother and her child.

The mother and her child were taken to hospital. Paramedics say the child's injuries are minor, but the mother's injuries were described as serious. TORSTAR NEWS SERVICE



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Bike lanes looked at as load zones

BYLAWS

City wants to allow pickups and dropoffs for disabled

The city wants to make it legal for drivers with accessible parking permits to stop in separated bike lanes, as long as they're "loading or unloading" a person with a disability.

The recommendation is in a report going before the public works committee Monday. The document notes that according to city bylaws, only Wheel-Trans vehicles are currently allowed to stop in physically separated bike lanes. "This is an impediment to those with accessible permits who require barrier-free mobility from a private vehicle," it says.

It's already legal for drivers to stop in painted bike lanes so long as they're "actively engaged" in picking up or dropping off someone with a disability, but the rule doesn't apply to physically separated lanes (also called cycle tracks). Stopping illegally in a bike lane or cycle track carries a fine of $150.

Ian Parker, a senior adviser for the Centre for Independent Living in Toronto, said he supports the proposed bylaw change. "I think that there would be many circumstances where a passenger with a disability might not be able to get to the door of where they're going if they can't be let off nearby," said Parker, who is both a wheelchair user and a driver.

Coun. Mike Layton, a strong proponent of cycling infrastructure, said that "it's not ideal" to have anything blocking a bike lane, but didn't say he would oppose the bylaw change.

TORSTAR NEWS SERVICE

Students are instructed in how to administer first aid to dogs at All Good Dog Food in Toronto last month. TORSTAR NEWS SERVICE

PETS

How to give first aid to Fido

A pet in cardiac arrest is every pet parent's worst nightmare and Terri Demulge has seen it twice.

The first time, the Belleville groomer was at a pet show when Meeka, her teacup Pomeranian, slipped off a chair.

The four-pound Spitz flipped as she fell, landing on her back and lay motionless on the floor.

Fortunately, St. John Ambulance volunteer and 911 dispatcher Ryan Smith who was only expecting to assist humans that day, jumped into action.

"It wasn't breathing," said Smith, who was trained in pet first aid and CPR. "We couldn't find a pulse, so we started doing CPR on the dog."

He held Meeka in his hands and with his fingers along her spine, he used his thumbs to perform CPR, cardiopulmonary resuscitation, as he would with an infant using only two fingers so as not to cause internal damage. After two to three minutes of 15 compressions to every two breaths, Meeka lifted her head.

"Its eyes opened up," Smith said. "It was still pretty out of it, but there was life and movement back in it."

With pets making the leap from loyal companion to fur baby, pet first aid is a growing offering. St. John Ambulance gives courses at least once a month in its offices across southeastern Ontario. In Toronto, other groups including Dog Gone Right, Dog Guru and Leash & Paws have also begun such training sessions.

Meek's resuscitation is the first and only pet CPR rescue known to St. John Ambulance, however it doesn't track pet rescues.

TORSTAR NEWS SERVICE

WHERE TO LEARN

A number of groups offer one or two-day pet first-aid training courses.

St. John Ambulance
When: Nov. 20, Dec. 18 (10 a.m. to 5 p.m.)
Where: Toronto Admin Centre (365 Bloor St. E.)
Cost: $125
Learn more: sja.ca

Leash & Paws
When: Feb. 25-26 (8 a.m. to 12:30 p.m.)
Where: All Good Dog Food (16 Vaughan Rd.)
Cost: $185
Learn more: leashandpaws.com

Walks & Wags by Dog Gone Right
When: Nov 27 (9 a.m. to 7 p.m.)
Where: Doggone Right! (3198 Danforth Ave.)
Cost: $185. Learn more: doggoneright.ca

Dog Guru
When: Nov 27 (10 a.m. to 6 p.m.).
Where: PawsWay at the Harbourfront Centre (245 Queens Quay)
Cost: $195.
Learn more: dogguru.ca

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#WomenOnBoards

Public, private boards also uneven

INVESTIGATION

Lack of parity obvious in various local companies

Tara Deschamps
For Metro | Toronto

Metro analyzed the split between women and men on hundreds of private and public boards in the city of Toronto. The problem is obvious in industries ranging from the arts to construction. These are just some examples of what we saw.

CANADIAN TIRE Women on board: **3/16**
Did not respond to requests for comment.

CINEPLEX Women on board: **2/10**
Cineplex said it has committed to increasing its representation of women on its board to 30 per cent by 2017 and has publicly shared its pledge in financial statements. It has signed the Catalyst Accord, a vow to push for more women boards, and joined the 30% Club, an organization that is pushing parity.

TELUS Women on board: **3/12**
Telus set a target aiming to have 30 per cent women on its board by 2019, but hoped to fast-track the process by moving up the deadline to 2018.

A spokesperson for the company pointed out that Telus is committed to parity because its president sits on the not-for-profit Canadian Board Diversity Council and is also a founding member of the 30% Club Canada, which is pushing for women on boards.

In a statement to Metro, the company said it is "on the leading edge of encouraging diversity" and said "presenting Telus as anything other than leading the way in diversity would be misleading."

METRO TORONTO CONVENTION CENTRE
Women on board: **3/11**
Appointments for the MTCC board are made by both the city and the Ontario government's lieutenant governor in council.

In a statement to Metro, the province said board members are selected through "an open, accessible and transparent process," but choices are "merit-based."

It referred to Premier Kathleen Wynne's recent announcement requiring all provincial boards and agencies to have 40 per cent female representation by 2019 and said "our government is committed to broader gender diversity on boards and in senior management of major businesses, not-for-profits and other large organizations."

A statement Mayor John Tory's office previously made to Metro said, "The Mayor believes the City is best served by boards that reflect the diversity of the community that they serve. He is committed to supporting diversity in public appointments." It noted Tory previously voted in favour of asking staff to set a goal of gender equality in appointments by 2020.

> **The Mayor believes the city is best served by boards that reflect the diversity of the community they serve.**
>
> Statement on behalf of Mayor John Tory

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A five-part Metro special focus

Moving the needles

EQUALITY

Why quotas are becoming an increasing focus

Tara Deschamps
For Metro | Toronto

For years, Tanya van Biesen has been hearing stories of frustrated women.

They say they have decades of business experience, but are tired of being overlooked every time a seat in the boardroom opens. They say once they make it onto boards, they're often outnumbered by men and don't see that changing quickly enough.

But what few said until recently was that the trick to making change might lie with the gender-parity discussion's dirty word — quotas.

The controversial method that requires companies put a specific percentage of women on their boards is on the tip of some tongues because of a motion Coun. Michelle Holland tabled recently that would force City of Toronto-run boards to appoint 50 per cent women by 2019.

It's also a hot topic because people "feel quite frustrated by the lack of progress we've made," said van Biesen, an executive director at Catalyst Canada, an organization advocating for gender parity, which has counted plenty of Toronto boards with few or no women.

Van Biesen is hardly a proponent of quotas because she wants companies to be encouraged to make change instead of forced, but admits their results have been hard to ignore.

"In Norway, a quota has been successful and broken down the myth that there are not enough capable women available for boards," she said.

In 2006, the country cracked down on corporate boards that failed to operate with at least 40 per cent women by forcing them to delist if they didn't reach the quota by 2008. Within a few years, more than 40 per cent of companies were complying, the number of women in top management positions spiked to 31.5 per cent and headlines were heralding the European country as a top place for women to live.

Then, France followed suit with a 40 per cent quota.

Though it skipped a punishment clause similar to Norway's, the number of businesses meeting the gender parity demand skyrocketed to 33 per cent by 2015. Canada was — and still is — nowhere close.

Persistent pleas made to politicians and CEOs and decades of dollars poured into mentorship programs and advocacy campaigns have only netted Canadian women 12 per cent of the country's corporate board seats, making quotas attractive for some.

"Some are saying we have put a lot of effort into other stuff and we can't seem to move the needle, so we need to do something incredibly shocking to force companies to move," said Sarah Kaplan, the director of the Institute for Gender and the Economy at the University of Toronto's Rotman School of Management.

But while quotas might get the needle moving, they have a darkside.

"There are many people who think quotas could set things back for women because women with board seats could be perceived as simply being there because of a quota as opposed to because of their skills and capabilities," said van Biesen. And quotas can have little effect if they only champion getting one or two women onto every board.

Studies have shown it takes at least three people who are different from the majority to ensure they're not treated as tokens, said Kaplan.

She recently spoke with a man on a board that succumbed to pressure and added a woman.

"He was saying after a year she hadn't really contributed, so maybe we didn't need to add women to boards," Kaplan recalled.

That situation, she said, proves that only one woman on a board doesn't quell tokenism.

It's also why some advocates have started touting "targets" instead of quotas. It's a less controversial approach because it sets a percentage of women that a board should aim to have, but doesn't include discipline for missed goals.

They've been adopted widely by Toronto-based banks.

"Targets are the right way to go because what gets measured gets done and companies get what needs to be done on their own merits and without being forced by legislation," said van Biesen.

Her employer, Catalyst, has pushed companies like Air Canada, Deloitte and Scotiabank to sign an accord vowing to increase the number of women on their boards by next year.

If companies aren't willing to go that far, they are all, at least, bound to the Ontario Securities Commission's comply or explain policy that asks them to work towards parity or explain why they're refusing.

The policy doesn't threaten punishment like a quota could, so van Biesen said some companies "aren't feeling shamed enough into doing anything about parity."

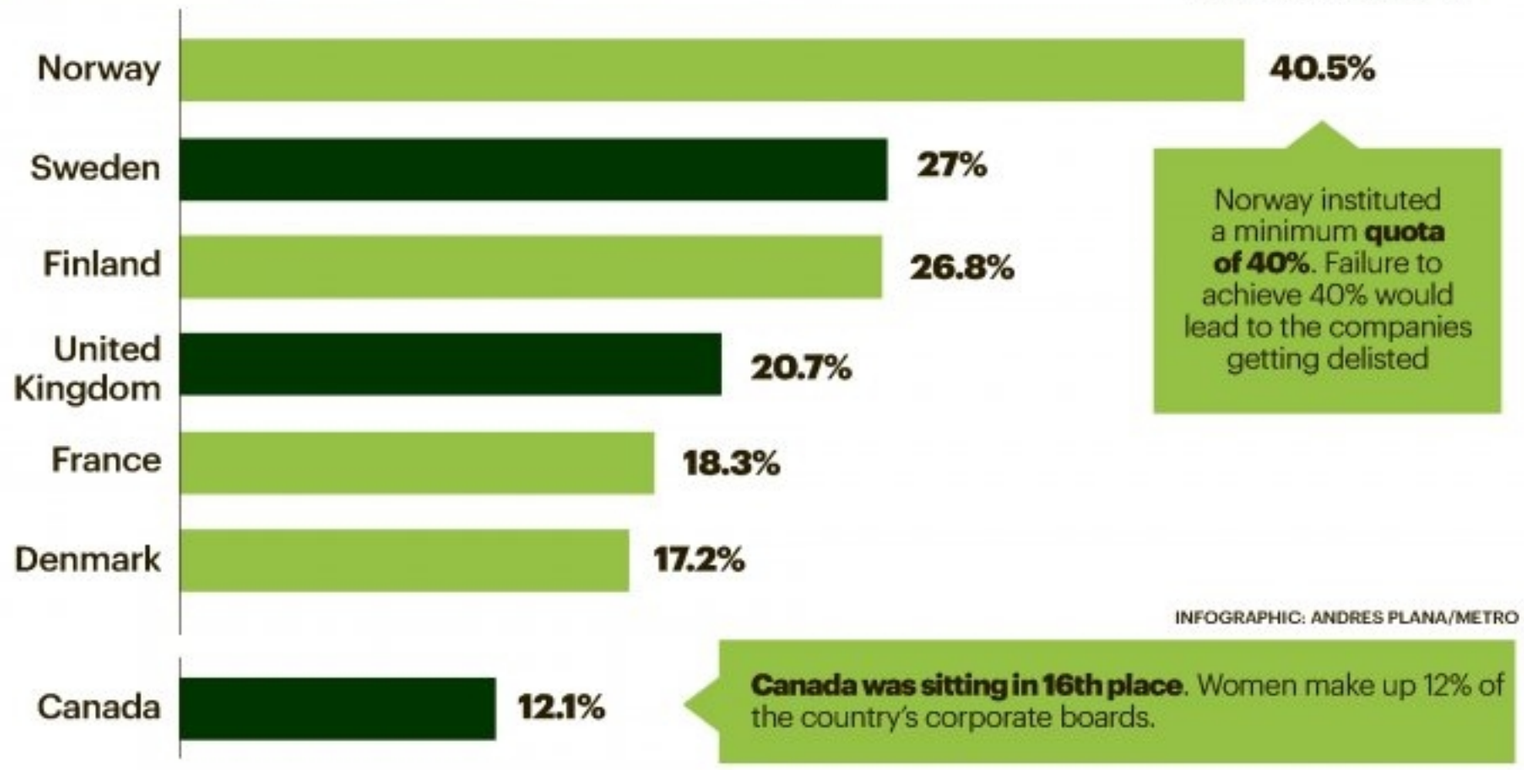
"I think some are (feeling shameful) and naturally they don't want to be called out, while others are realizing this is not about finger wagging, but about a huge missed opportunity to take full advantage of the talent in the workforce," she said.

"There are organizations that are doing great work and are big champions of women, but there aren't enough of those organizations. The bottom line is we need to move forward faster."

BY THE NUMBERS | Quotas around the world

Data compiled by Catalyst shows countries that have instituted quotas are doing far better when it comes to the number of women sitting on corporate boards. Of the top five countries with the best track record, the majority have set and enforced minimum standards, according to the group.

* Based on 2014 statistics



INFOGRAPHIC: ANDRES PLANA/METRO

Tanya van Biesen CONTRIBUTED

> **The bottom line is we need to move forward faster.**
> Tanya van Biesen

ABOUT THIS SERIES

A Metro investigation shows there's work to be done when it comes to giving women an equal share of power on Toronto's private and public sector boards. This is the first in a five-part series dedicated to the issue.

NEXT MONDAY
Added pressure: The extra hurdles faced by minority women

WHAT YOU CAN DO

Urge companies and city council to make gender parity a priority. Visit **metronews.ca/womenonboards** to contact the mayor and businesses via Twitter.

Share your stories and opinions by using the hashtag **#WomenOnBoards** on Twitter.

TORONTO REACTS

Metro readers react to the #WomenOnBoards campaign on Twitter.

@criseboro @metrotoronto As a woman of colour I tried to apply for boards, but was never taken seriously. One man said, "You're too young!"

Reading #WomenOnBoards. Come on #CorporateCanada, let's work together to break the #glassceiling & make #genderparity a priority #WomenCan

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Torontonians braved frigid temperatures Sunday to see the 112th Toronto Santa Claus Parade.
EDUARDO LIMA/METRO

Holiday season is officially upon us

ACTIVITIES

Santa rings in Christmas countdown

Gilbert Ngabo
Metro | Toronto

Jolly old St. Nick, accompanied by hundreds of festive floats, took to the streets Sunday to kick off the holiday season in Toronto.

But even if you weren't one of the thousands who braved the chilly, snowy — and windy — weather for the Santa Claus Parade, there are plenty of other activities in the city to help you get into the Christmas spirit.

Toronto Christmas Market

Considered one of best Christmas markets in the world, the bazaar in Toronto's Distillery District offers a range of services from shopping and dining to drinks and entertainment. The bazaar is open Tuesday to Sunday from Nov. 18 right through Dec. 22.

Cavalcade of Lights

The holiday tradition of lighting Toronto's official Christmas tree takes place Nov. 26 at Nathan Phillips Square.

The event also marks the opening of the skating pond in the square, which will continue until spring.

The Santa Experience

Sherway Gardens is the place to be for families looking to catch up with the big guy in red.

For a pre-booked, $15 ticket, visitors can take part in an interactive experience with Santa from Nov. 19 to Dec. 23.

Natrel Rink

Touted as the most scenic ice rink in the city, the revitalized Natrel Rink at Harbourfront Centre offers an ideal skating environment for both beginners and pros.

It features a rink-side restaurant where hot food and drinks help make the experience as festive as possible.

In keeping with the holiday spirit, admission is free.

Christmas by Lamplight

The Black Creek Pioneer Village takes you back in time to experience Christmas in the 19th century.

With centuries-old decor and traditional folk music and carolling, the village near Jane and Steeles comes alive Dec. 3, 10 and 17 with a wide array of festive-themed programming that includes a candlelight dinner.

WEATHER

Snow on cue, will be gone soon

The snow arrived Sunday, but take heart: It's not going to stick around.

Those who lined up outside for the Santa Claus Parade were treated to cold temperatures and the first snowfall of the season.

The forecast called for up to three centimetres of snow in north Toronto, turning to rain near the lake, and a low of -2 C Sunday.

The chill and flurries were a bit of a shock, given how mild temperatures have been, said Environment Canada meteorologist Ria Alsen.

"We didn't really ease into this weather. We just kind of went: Boom!" she said, noting the average temperature for Toronto in mid-November is about 6 C.

However, Alsen said by Tuesday, Toronto should see a return to sunshine, with a high of 6 C.

Sunday's flurries sparked a flurry of activity on social media, as residents expressed dismay at the arrival of winter. Alsen said a few snowflakes can serve as a reminder for people to get ready for the inevitable.

"If you haven't put the winter tires on yet, now is the right time," she said.

GILBERT NGABO/METRO

DID YOU KNOW?

It's back. EDUARDO LIMA/METRO

According to Environment Canada, Toronto typically sees its first snowfall between Nov. 17 and 27, meaning Sunday's flurries were right on time.

MANITOBA

Minister to meet switched babies

Health Minister Jane Philpott will meet Monday with families involved in two cases where babies were switched at birth at a northern Manitoba hospital in the 1970s, a spokesman for the families says.

Former Manitoba aboriginal affairs minister Eric Robinson, who has worked with the men and their families, said Philpott has agreed to meet with the men as well as their parents and siblings, for three to four hours at a yet-to-be determined location in Winnipeg.

Robinson has called for the meeting with Philpott for months and said he believes the men and their families will be seeking a comprehensive counselling program.

"This is an opportunity for the minister to hear a first-hand account some of the issues that they're having to deal with — the pain and the anguish," Robinson said.

The two cases involve four men who went home with different parents from the federally run Norway House Indian Hospital in 1975. They went public with the mix-ups in the past year after getting DNA tests.

The first case, involving Luke Monias and Norman Barkman, came to light in November 2015. The second case was revealed in August and involves Leon Swanson and David Tait Jr.

Philpott called the circumstances appalling after the case of Swanson and Tait became public, and said Ottawa is taking steps to set up a third-party investigation. Health Canada also announced it would offer free DNA tests to anyone born at the hospital before 1980.

Last month, the RCMP said it, too, would investigate the cases. THE CANADIAN PRESS

'OUR CULTURE IS STILL ALIVE' A five-metre-wide painted wood screen and 37 hand-carved birds are among a collection of artwork returned to a First Nation after more than a century in the Royal B.C. Museum. Huu-ay-aht First Nation is celebrating the repatriation of their cultural treasures.

"We're resilient, we're strong and our culture is still alive," Chief Councillor Robert Dennis Sr. said.

HANDOUT/THE CANADIAN PRESS

'That was just my destiny'

JUSTICE

Indigenous abuse survivor speaks out ahead of inquiry

Sharon Acoose remembers being groped as a child by an uncle who paid her in pocket change for her trouble — the earliest roots of a life scarred by sex work, drug use and jail time.

Despite the longest of odds, she managed to turn her life around, eventually becoming a professor of social work. Countless others who followed a similar trajectory are no longer alive to tell the tale.

To this day, that same cycle is repeating itself with alarming frequency in indigenous communities across Canada, a Canadian Press investigation has found.

And with its insidious links to suicide, violence and mental health problems, the issue of child sexual abuse is poised to be a key theme in next year's long-anticipated national inquiry into the tragic phenomenon of murdered and missing indigenous women.

Acoose was just three years old and living in Regina when it started — three separate uncles, all of them now dead. The memory later manifested as emotional, spiritual and physical self-punishment, fuelled by the cocktail of drugs and alcohol she used to numb her pain.

"That was just my destiny," she said. "That's exactly why I became what I became, because I grew up bitter, against men."

Indeed, experiences of sexual and physical abuse among indigenous women and girls are so pervasive they are expected to overwhelm next year's national inquiry, where commissioners will examine and report on the systemic causes of the violence.

Sharon Acoose managed to turn her life around after she was sexually assaulted, eventually becoming a professor of social work.

THE CANADIAN PRESS

Hearings are expected to begin in early 2017 and will undoubtedly draw attention from around the globe, said chief commissioner Marion Buller.

In May 2014, the RCMP documented 1,181 murdered and missing women between 1980 and 2012. A year later, it said 32 additional aboriginal women had been murdered and 11 more had disappeared since it first reported on the issue.

The force also cited an "unmistakable connection" between homicide and family violence.

Aboriginal women are vulnerable precisely because they're aboriginal and women, said Dr. Yvonne Boyer, a Canada Research Chair at Manitoba's Brandon University.

Boyer co-authored a report on trafficking of aboriginal women for the Public Safety Department in May 2014 that noted many of its participants suffered sexual abuse as a child, contributing to a pattern of exploitation that carried on into their adult years.

"I see it as all being on a continuum," she said. "You have children who are abused, you have young teenagers that are abused, they go through life, then it is just normalized behaviour … some of them, we just don't hear their voices anymore because they're gone."

In her work at the First Nations University of Canada's Saskatoon campus, Acoose finds herself pondering a lingering question: Why wasn't there a national public inquiry 20 years ago?

"I am so fortunate to be able to talk to people and tell my story," Acoose said. "I should have been dead by the time I was 20."

THE CANADIAN PRESS

HALIFAX

Distracted student walks into harbour

Haley Ryan
Metro | Halifax

A university student took an icy dip in the Halifax harbour after police say he walked off the wharf while looking at his phone.

Police got a call about a person falling into the harbour just around noon Friday, spokesman Const. Phil Power said.

"It was a student that had fallen in the harbour because they weren't paying attention," Power said. "They were distracted and kind of walked off the edge."

Power said the student was in the water for a "very short" amount of time and was able to climb out of the water with the help of a group of friends.

By the time officers arrived, Power said the student was back on dry land.

The student was taken to hospital as a precaution since the water was quite cold, Power said, but was not injured.

PEACEKEEPING

Canada can inspire U.S. president-elect: Jean

Stepping up Canadian engagement in multilateralism — including a United Nations peacekeeping mission to Africa — can set an example for the world that even U.S. president-elect Donald Trump might want to follow, says Michaelle Jean.

"I think Canada as a sovereign country has a very strong voice and we all realize and we can see how Canada wants its voice to be heard again," the secretary-general of the International Organization of la Francophonie said.

"I'm hoping that actually maybe the new president of the United States will see this as an example with its closest neighbour and will be hopefully inspired by our position — I mean Canada's position — in the world," Jean, the former Canadian governor general, said.

Prime Minister Justin Trudeau travels this week to Antananarivo, Madagascar, where la Francophonie is holding a leaders' summit next weekend. The stop is part of Trudeau's first visit to Africa since his Liberal government came to power last year.

The Liberals have promised a renewed engagement with Africa when it comes to international development assistance.

Michaelle Jean hopes Canada can set an example for the world that even U.S. president-elect Donald Trump might follow. THE CANADIAN PRESS

Canada is the second-largest contributor to la Francophonie and Canadian officials see the summit as an opportunity to discuss the migration and refugee crisis, climate change, gender inequality and how those challenges impact global security.

Where Canada chooses to send up to 600 troops on a UN peacekeeping mission is not expected to be announced this week, but it will be a hot topic in the corridors.

Jean said re-engagement with peacekeeping operations is an important way for Canada to contribute. THE CANADIAN PRESS

DONALD DIGEST

A roundup of news about the president-elect

Romney being considered
Mitt Romney is a key contender to become the nation's next secretary of state and retired Marine Corps Gen. James Mattis was an "impressive" prospect for defence secretary, President-elect Donald Trump and his No. 2, Mike Pence, said Sunday.

Christie left hanging
Trump says New Jersey Gov. Chris Christie is "a very talented man." But he is not saying if there is a place for him in his administration.

Christie was one of a parade of officials visiting Trump Sunday at his Bedminster, New Jersey golf club. Christie, a former candidate for president, was an early backer of Trump. But he was recently demoted as head of Trump's transition effort. It is not clear how big a role Christie is now playing.

School trumps White House
Trump says his wife, Melania, and their son, Barron, will move to the White House "right after he finishes school" next year. An aide to the president-elect had suggested the Trumps are reluctant to move their 10-year-old son from New York to Washington during the school year.

Concern in transgender community
Anxiety is high among many transgender Americans after the sweeping Republican election victory. They fear stronger resistance to their push for civil-rights protections, including broader access to public restrooms, and wonder if their newly won right to serve openly in the military is in jeopardy.

THE ASSOCIATED PRESS

Rescue operation ongoing in India train derailment

KANPUR DISTRICT

With more than 100 dead, toll considered likely to rise

At least 104 people were killed when 14 coaches of an overnight passenger train rolled off the track in northern India early Sunday, with rescue workers using cutting torches to try to pull out survivors, police said.

Daljeet Chaudhary, a director general of police, said the death toll was likely to rise because rescue workers had yet to gain access to one of the worst-damaged coaches. About 150 people were injured, he said.

The train derailed at around 3:10 a.m., jolting awake passengers who had settled in for the long trip. The bodies were retrieved from mangled coaches that had fallen on their side.

One of the passengers, Satish Kumar, said the train was travelling at normal speed when it stopped suddenly.

"It restarted, and then we heard a crash," said Kumar, whose coach remained standing on the track. "When we came out of the train, we saw a few coaches had derailed."

Some coaches crumpled when they crashed into others, trapping hundreds of people inside.

The cause of the derailment was not immediately clear.

Rescue workers, soldiers and members of India's disaster management force pulled 104 bodies from the wreckage, said Chaudhary, inspector-general of police in Uttar Pradesh state.

Rescuers used cutting torches to open the derailed train cars to try to reach those trapped inside, while cranes were deployed to lift the coaches from the tracks. However, they were moving cautiously because some of the coaches were precariously tilted, and there was a danger of the coach toppling over, possibly injuring those trapped inside.

Medical teams were providing first aid near the site, while the more seriously injured were moved to hospitals in Kanpur, Chaudhary said. Of the roughly 150 injured, 72 were in serious condition, he said.

The derailment occurred near the village of Pukhrayan, outside of Kanpur, an industrial city about 400 kilometres southeast of New Delhi. The Patna-Indore Express train, linking the central Indian city of Indore to the city of Patna to its northeast, completes its 1,360-kilometre journey in 27 hours.

Prime Minister Narendra Modi expressed his concern over the derailment.

"Anguished beyond words on the loss of lives due to the derailing of the Patna-Indore express. My thoughts are with the bereaved families," Modi posted on his Twitter account.

Accidents are relatively common on India's sprawling rail network, which is the world's third largest, but lacks modern signalling and communication systems. Most crashes are blamed on poor maintenance and human error. THE ASSOCIATED PRESS

Rescue workers search for survivors in the wreckage of a derailed train near Pukhrayan in Kanpur district on Sunday. AFP/GETTY IMAGES

LIBYA

Monkey attack causes tribal clashes; 20 dead

Activists and medics say tribal clashes, that erupted in southern Libya after three young men turned a pet monkey loose on a high school girl, have killed at least 20 people.

The girl's family sought revenge after the monkey scratched and bit her last week, and killed all three men along with the animal.

Bader al-Daheli, a civil activist, said Sunday that the two main tribes in the southern city of Sabha, Awlad Suleiman and Gadhadhfa, are each backed by armed groups. Abdel-Rahman Areish, the head of Sabha hospital, said 20 people have been killed and 50 wounded.

Libya slid into chaos after the 2011 ouster and killing of longtime dictator Moammar Gadhafi. Much of the country is effectively ruled by a patchwork of local or tribal militias.

THE ASSOCIATED PRESS

MEXICO

Migrant shelters face danger from cartels

Vandals broke into a shelter, left feces on crosses made by migrant men and trashed other parts of the building. Someone made a threatening call to a priest who helps serve warm meals to recently deported immigrants.

The soup kitchen for deported migrants in the Mexican city of Nogales, on the border with Arizona, has seen a spate of crimes this year. Its leader says the incidents likely are tied to the centre's growing involvement in helping migrants report crimes.

"We've been robbed before, but we've never had a break-in like that," said the Rev. Sean Carroll, head of the centre known in Spanish as a "comedor." His efforts won Pope Francis' praise last year.

The break-in and vandalism at the Kino Border Initiative-run centre are part of a border-wide problem of drug cartels that see migrant shelters as an impediment to their business because they protect migrants who otherwise could be forced into smuggling drugs or extorted for money to cross into the U.S.

> **The situation is very hard on the border, but we carry on with hope.** Rev. Giovanni Bizzotto

Carroll says migrants have increasingly told staff and volunteers they were robbed or kidnapped by criminal organizations hoping to seize on attempts to cross the border.

"I think it comes in waves," said Maureen Meyer, a senior associate with the Washington Office on Latin America. "They're protecting something that criminal organizations use as a profit."

Violence between drug cartels and against migrants in that part of Mexico has surged in the past several years, including the discovery of a mass grave that held over 70 migrants in the city of San Fernando, about 250 miles south of Nuevo Laredo. The U.S. State Department advises against unnecessary travel to many cities in the state of Tamaulipas.

"We're right here in the middle of the situation," Bizzotto said. "The situation is very hard on the border, but we carry on with hope." THE ASSOCIATED PRESS

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Trump looms over talks

PERU

Anti-trade rhetoric shakes up trade agenda

Prime Minister Justin Trudeau and leaders from 20 other Asian and Pacific nations were huddled in closed-door meetings Sunday, trying to come up with a plan to salvage world trade amidst rising anti-globalization sentiments.

Although he is not here at the APEC leaders' summit in Peru, Donald Trump's anti-trade rhetoric has shaken up the agenda of the meeting, particularly his threat to cancel a Pacific Rim trade pact that includes Canada.

At a breakfast meeting, Australian Prime Minister Malcolm Turnbull joked to Trudeau about "big political changes in your neighbourhood." Trudeau nodded and said "that might come up" during the subsequent closed-door session.

The Trans-Pacific Partnership would open up trade among 12 nations encompassing nearly 40 per cent of the world's GDP, including Australia, Canada, Mexico, Japan and the United States.

Trump has vowed to pull the U.S. out of the deal, a move that would effectively kill the agreement that U.S. President Barack Obama touted as a counter-balance to China's growing economic sway in the Asia-Pacific region.

During a closed-door session Saturday with TPP members, Obama urged them not to give up on the deal.

Leaders in the room voiced support for moving ahead with trade pact if the stars aligned in the coming months, and no country said it was ready to walk away from the agreement, according to international officials who were in the room, but not authorized to speak publicly about the talks.

Obama and Trudeau were scheduled to meet one-on-one Sunday afternoon as Obama sets to depart his last international summit as president before Trump takes over in January.

Trudeau has had closed-door meetings with world leaders involved in trade deals with Canada during the APEC summit in the Peruvian capital. Foreign Affairs Minister Stephane Dion and Trade Minister Chrystia Freeland have also met with their counterparts, U.S. congressional staffers and business leaders to tout Canada as a pro-trade government.

Trump's threats to withdraw the United States' from global affairs has opened the door for China and Russia to push an Asian trade deal that would exclude the Americas.

China's president promised delegates at the conference that his country would continue to push for free trade deals in the region, saying countries needed to come closer together instead of being pulled further apart.

Xi Jinping vowed to give foreign investors more access to his country and to create pilot areas to test free trade in China.

THE CANADIAN PRESS

Prime Minister Justin Trudeau joins other leaders for the traditional "family photo" on the final day of the Asia-Pacific Economic Cooperation (APEC) Summit in Lima on Sunday. AFP/GETTY IMAGES

TELECOMMUNICATION

Regulator dismisses threats

Experts are casting doubt that some major Canadian firms will follow through on threats to stop expanding their broadband networks after the Canadian Radio-television and Telecommunications Commission (CRTC) lowered proposed rates to be charged to smaller rivals accessing their services.

The regulator's decision isn't significant enough to lower the profitability of big telecommunication companies to a point where they change how they spend on network infrastructure building, said Maher Yaghi, an analyst at Desjardins Securities.

"We have not seen, in Canada, telcos retract from making major investments based on CRTC decisions," he noted.

In early October, the CRTC announced interim rates that Bell, Rogers, Telus, SaskTel, Shaw, Cogeco, MTS and Videotron must charge independent service providers (ISPs) to gain access to their faster networks.

For the most part, these rates were lower than those the companies proposed, the CRTC said.

THE CANADIAN PRESS

EMPLOYMENT

Shared workspace trend growing

One of North America's largest property owners says the growing popularity of shared office spaces can inject youthful energy into traditional office towers and give hope to struggling communities.

"It brings a younger and more millennial-focused workforce into a complex," says Jonathan Pearce at Ivanhoe Cambridge, the real estate subsidiary of Quebec's pension fund manager.

He believes the spaces could also help to alleviate the high vacancy rate in Calgary's real estate market by giving a low-cost option to new entrepreneurs who are seeking a fresh start after losing their jobs.

Ivanhoe Cambridge has rented space in its Place Ville Marie complex in Montreal to WeWork, one of the world's largest co-working providers.

Over the past five years, the strong growth in Montreal's startup tech sector has helped to propel a six-fold increase in the number of new co-working spaces. In addition to modern buildings, chic spaces have opened in a shuttered Royal Bank branch in Old Montreal, old factories and abandoned churches.

A similar demand surfaced in the United States after the 2008 financial crisis when there was a large surge of independent contractors, flexible workers and small businesses, said Wayne Berger, vice-president of workspace provider Regus Canada. Berger expects the number of co-working style facilities should double in Canada in the next few years to reach about 400 to 500, and surpass 27,000 around the world by 2020.

THE CANADIAN PRESS

Royal Bank of Canada's former headquarters in Montreal is now a co-working space.

THE CANADIAN PRESS

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metro VIEWS
Your essential daily news
Monday, November 21, 2016

URBAN ETIQUETTE ELLEN VANSTONE

THE QUESTION

I think that fine-art events are appropriate for first dates. My female friends disagree. Do you?

Dear Ellen,

I am wondering if you can settle an etiquette controversy among my female friends. I think it's fine to suggest a somewhat challenging piece of theatre (or similar cultural event) on a first date. But when I asked my girlfriends by text, their answers included, "That's more of a third date activity," "You probably wouldn't like it if a guy invited you to participate in his really niche hobby," and "Does it have to be a test? It's his free time!"

I don't think theatre (or fine art in general) is niche. Anyone can attend and get something out of it. Plus, I think if your date is not game to even give it a try, or is dismissive about its value — well, that tells you a lot about them. Which is exactly what you want from a first date.

Who is right?

Signed,

Dating Dilemma

Dear DD,

There is nothing wrong with suggesting theatre, opera, or any other high-culture event for a first-date activity. Etiquette standards will be met as long as you show up clean, on time, and sensitive to any potential problems specific to your first-date mate.

For example: if he's a starving artist, you should probably pay for expensive ballet or opera tickets yourself. If he's an author locked in a bitter rivalry with another writer, do not suggest going to that other writer's book launch. If the "challenging piece of theatre" involves climbing up fire escapes to follow actors cavorting in an operational abattoir, make sure he's not a vegetarian and doesn't have mobility issues.

Otherwise, I tend to agree with you that there's nothing wrong with springing your "niche" interests on him the first time you go out. As an impatient person who also has experience in the futility of trying to hide my true self from others, I guarantee you will save time by revealing your passions and interests right at the get-go.

It doesn't mean he fails the "test" if he doesn't share those passions and interests. But, if you're going to have any future together at all, he should be open to them, and you. If he thinks you're a giant weirdo for suggesting a symphony outing or poetry slam, you just saved yourself from an excruciating evening with someone who's afraid of trying something new. And you've avoided several exhausting fake dates of pretending not to be who you really are.

Keep in mind that you should also be open to suggestions about his niche interests. The Great Edmonton Model Train Show might not be your first choice of a weekend outing. But if you like the person you're with, almost any shared activity, at least during the dating phase, can be fun.

And if he suggests something like hunting endangered species with an assault rifle, you can rest assured he's the giant weirdo, respectfully decline, and move on to your next dating prospect.

If you like the person you're with, almost any shared activity, at least during the dating phase, can be fun.

Need advice?
Email Ellen:
scene@metronews.ca

VICKY MOCHAMA

What makes financial advice writers think my parents have money?

Having started a new job, I'm immediately planning my retirement. I thought I'd see what the best money columns advise millennials to do.

Here's what I found out: Ask your parents. If not to sign their house over to you outright, then to at least give you a down payment for a house.

For some, this is a distinct possibility. A CIBC report from June said that over the next 20 years, the largest ever intergenerational wealth transfer will occur. Boomers aged between 50 and 75 will inherit nearly a trillion dollars from their parents.

I spoke to CIBC deputy chief economist Benjamin Tal who said that most of that money is being transferred from parents with money to their already enriched kids.

So the columns might be onto something, but "wait for your rich parents to pass on their dead rich parents' money" is hardly advice I can take.

Nonetheless, with a trillion dollars looming, it's no surprise that the financial papers aren't concerned with parents like mine who don't have parental money to wait for or to pass on: Their mothers aren't rural Kenyan women.

My parents came to Canada as graduate students who dabbled in precarious work with four kids in tow. The inherited wealth in my family consists mostly of passion for dark teas.

They're not paupers. In the intervening decades, they've been able to buy a house and assist a couple of us kids with some tuition payments. But I don't plan my finances and my future with my parents' money in mind.

Many in my generation do, I've come to realize. I've recently noticed that gifted down payments, paid-off credit cards, and subsidized (read: free) vacations are not unheard of among friends and acquaintances.

By these means, Tal speculates, wealth is actually skipping a generation: Rather than keeping inherited money for themselves, well-off parents are passing it down to their kids.

This is especially true among families who are deeply rooted in Canada and among whom there's an expectation — often quietly expressed — that some kind of large sum will be transferred from parent to child.

With this in mind, I reached out to my parents for comment. They did not respond. Initially. When pressed, they were surprisingly on board. Their offer required me to move back home and I wouldn't even get the house put in my name.

So we'll see.

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metro LIFE
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Monday, November 21, 2016

Taking opportunity and running is very important, because I never had a business plan in my life. Things just came along and I grabbed them.
Iris Apfel, at the UN Women's Entrepreneurship Day conference

Take a little time for yourself

YOU CARE TOO MUCH

Self-care book focuses on gender equality, coping methods

Self-care is skin care, self-care is yoga, a bubble bath, a nap, a massage, a healthy snack, something to brag about.

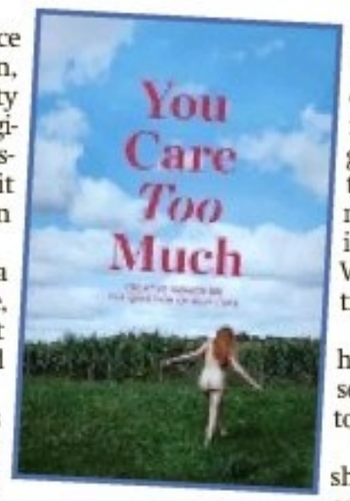
It's also a buzzword and, in the age of social media, can be a competition, a matter of keeping up appearances.

For Toronto's Erin Klassen, 32, self-care started to seem oversimplified, just "something else you have to be good at."

"There are bad things to cut out — stop using your phone, don't go on social media, don't drink too much — or good things to do more of. Do yoga, eat your superfoods, take 'me time.' But what happens when things are more complicated than that?"

That question led her to solicit submissions from women in her extended peer circle for what became the edited volume You Care Too Much: Creative Women on the Question of Self Care, released this month by indie publisher With/out Pretend, which Klassen founded. (Spoiler alert: there is no easy answer.)

The women, 17 in all, contributed written and visual meditations on self-care in the context of: historical Jewish trauma, miscarriage, women's relationships to their bodies and to food, race and identity, love, blackness, abuse, feminism, "otherness" and mental health, death, friendship, softness in the face of loss, devotion, the home, beauty in art, beauty regimens, sex, transformation, Inuit heritage, even crime.



If there is a consistent theme, it's the concept of coping, said Klassen.

Self-care is particularly important today, Klassen said, in the wake of the recent U.S. election — one that saw millions of voters choose Donald Trump for their president despite his verbal attacks on women, people of colour, immigrants and many others during the campaign, not to mention a leaked tape in which he admitted to grabbing women without consent.

"This election has really been about connection or the lack of connection, the divisive nature of the two sides and two ways of thinking. It makes people feel really alone," Klassen said.

The act of putting together the book helped create a sense of togetherness among the contributors, she said. At times, "it felt like group therapy."

Multiple websites and news organizations have published guides to self-care, updated in the days following the Nov. 8 election. Many noted that self-care is essential for enduring political activism.

And when it comes to the politics of the home, self-care is a matter of gender equality since women remain the primary caregivers in many families and don't get the same time to themselves as men might enjoy, according to the Canadian Women's Foundation.

Klassen watched her mother turn herself inside out trying to please everyone.

"By my mid-teens she had reached her capacity for giving herself away, as she had done for everyone in her world for so many years, without speaking up to ask for the things she needed to feel whole," Klassen wrote in her introduction. She also penned a short story for the book.

Toronto photographer Angela Lewis initially thought of a series of images showing different women in facial masks. Then she switched tracks, deciding to mine the experience of watching her mom care for her own mother, Lewis' aging and recently widowed Nonna.

For the past year, Lewis' mom has been driving to Toronto from Port Dover on weekends to help her ailing mother, an emotionally taxing routine.

"I was going to my Nonna's to support my mom, but in that I was giving up my own self-care."

Taking photos and finding beauty in the situation helped, said Lewis, who contributed other photographs throughout the volume.

TORSTAR NEWS SERVICE

Writer and publisher Erin Klassen says self-care is particularly important in the wake of the recent U.S. election and its divisive nature. Putting together her book, You Care Too Much, helped create a sense of togetherness among the contributors, she says. TORSTAR NEWS SERVICE

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FASHION

Business thrives after royal display

The Duchess of Cambridge wears Yukon jewelry designer Shelley MacDonald's bronze Ulu earrings during a ceremony in Yukon. THE CANADIAN PRESS

A Canadian jewelry designer discovered the impact a royal endorsement could have for her business after the Duke and Duchess of Cambridge's visit to Yukon.

While Prince William and Kate visited Carcross on Sept. 28, the Duchess wore a pair of bronze earrings by designer Shelley MacDonald.

MacDonald, who was travelling in Iceland at the time, said she was surprised to find out Kate owned a set of her earrings, let alone showed them off during the Royal Tour.

A prospective customer contacted MacDonald through her online store asking about the earrings, tipping her off to what happened. After that initial message, other requests to buy the earrings started to pour in, MacDonald said.

"For two weeks, it was just 14-hour days answering people's messages," she said.

The sudden global interest in fashion items worn by the duchess has been dubbed the "Kate effect."

From the day MacDonald opened her online store in 2014 until the day before Kate wore her earrings, she had only 51 sales. Now she's made more than 540 sales.

The pieces Kate was wearing were MacDonald's bronze Ulu earrings, inspired by the multi-purpose knife traditionally used by Inuit women for cutting hair, meat and fish.

"It's my interpretation of the ulu," said MacDonald, who draws upon northern environment and culture in some of her designs.

"It's very important not to take an actual object and recreate it, so I changed it and made it to fit with my designs."

At the time, MacDonald said she had only made one pair of the Ulu style in bronze, and was puzzled by how Kate got hold of them.

It was only when MacDonald flipped through her book of sales that she remembered Andy Carvill, the chief of the Carcross-Tagish First Nation, had asked all the Carcross shops to be open Aug. 5 because people affiliated with the Royal Family would be coming through.

With demand booming for her designs, MacDonald said she has had to hire an assistant and is working on 400 new pairs of the ulu-inspired earrings.

THE CANADIAN PRESS

Don't turn a blind eye to your personal finances

SMART SPENDING

Interest costs, missed savings opportunities all add up fast

Gail Vaz-Oxlade
For Metro Canada

While some of us have no head for money, others do possess financial smarts. ISTOCK

I'm amazed at the people who aren't smart about money. Well-educated, professional, highly responsible, creative and competent people all turn to jelly when it comes to their personal finances.

I've even met people who have to manage their company's money (accountants, bookkeepers, financial officers) who can't figure out how to balance their own budgets.

What is it about money that brings even the smartest and most sensible person to their knees? Why do we make such a big deal out of something that is, at heart, completely straightforward?

Perhaps the people who most get my goat are the folks who are so willing to turn a blind eye to the foundations of their financial life, only to open up a conversation about "investing" and how smart they are about "putting their money to work?"

Isn't it way easier to save a dollar than to earn (and pay taxes on) another dollar? So how come people are willing to spend gobs of time and effort reading, learning, improving their knowledge of the sassy, sexy world of investing, even as they refuse to take care of their financial housekeeping?

There's the guy who had $6,000 worth of parking tickets. He had to put his car in his girl's name so he could get it licensed. Hey, the guy had to drive for a living! How moronic is that?

There's the girl who took a pass on her company pension plan for 11 years, even though her company was willing to match her dollar for dollar (in essence giving her a five per cent increase in income) just because she didn't want to have to forgo the spending money. And she works for a bank.

How about the student who didn't think twice about taking out all the student loans he qualified for, along with every credit and store card he was offered. Four years later, he has a very unimpressive undergrad degree, $53,000 in debt, and a job that pays $11.25 an hour.

So why are relatively smart people not so smart when it comes to managing their money?

Perhaps it's because they haven't taken the time to really think about what they're doing.

Interest costs, missed savings opportunities, and fees all seem small if you don't take the time to think about the longer-term implications.

If a $30 ticket turns into $45, ehh! Isn't it far more satisfying to spend that $60 on eating out than on planning for a future that's 25, 30 or 35 years away? And the interest on that student debt is so low because interest rates are so low, so what's the big deal?

If you want to be smart about your money, you have to think about it. When you do something that makes money go away, you have to weigh what you're getting against what else you could do with that money, not just now but in the future.

Each time you do something that involves money, think about it. Don't just push the thinking part aside. And if you're all up in investing but you don't have an emergency fund, if you're carrying a balance on your credit card or if you haven't made a will, quit your smirking. You're not so smart!

For more money advice, visit Gail's website at gailvazoxlade.com

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Jen and her husband Greg in Life in Piece. CONTRIBUTED

JOHANNA SCHNELLER WHAT I'M WATCHING

Discussing heavy topics on TV

THE SHOW: Life in Piece, S2, E1 (CTV, Nov. 21)
THE MOMENT: Saying the M Word

Greg (Colin Hanks) just told his family that his wife Jen (Zoe Lister-Jones) lost a baby: "She's getting through it, she just doesn't want to talk about it." But when Jen arrives for brunch, everyone is so chirpy, she immediately knows they know.

She retreats to the study. Greg's mother Joan (Dianne Wiest) follows her.

"I wanted to wait to talk about it so I wouldn't… do this," Jen says, gesturing to her tears.

"When I had my miscarriage," Joan says gently, "people acted as if it was a shameful secret."

"I didn't know," Jen says, surprised.

"I still think about it," Joan says. "But I also think, if I hadn't lost that baby, I wouldn't have had Greg. You wouldn't have had [her daughter] Lark. And we wouldn't have you."

Hit sitcoms have been a force for good in American culture. They've normalized some heavy ideas.

Despite its frequency, miscarriage is too often whispered about in shame. Cleverly, this episode holds off on uttering the M word long enough that you fear they're chickening out. And then Joan just lays it down.

The structure of this sitcom doesn't allow for much emotional heft. But this one has it.

Johanna Schneller is a media connoisseur who zeroes in on pop-culture moments. She appears Monday through Thursday.

BROADWAY

Pence still thinks Hamilton is great

President-elect Donald Trump, in the midst of choosing his Cabinet, took time out Sunday for a second day to criticize the cast of the Broadway musical Hamilton and demand an apology for a message an actor delivered from the stage to Trump's running mate about the need for diversity in America. But Vice-President-elect Mike Pence said he wasn't offended by the message.

Pence said on Fox News Sunday that he heard the boos and cheers when he walked into the Richard Rodgers Theatre with his nephew and daughter on Friday night to see the show. He said he told his daughter: "That's what freedom sounds like."

Trump had a different take on the message from cast member Brandon Victor Dixon, who had expressed his concerns in a prepared speech after the curtain call about the incoming Republican administration.

"We, sir, we are the diverse America who are alarmed and anxious that your new administration will not protect us, our planet, our children, our parents, or defend us and uphold our inalienable rights," said Dixon, who plays Aaron Burr, the nation's third vice-president, as his fellow actors joined hands. "We truly hope that this show has inspired you to uphold our American values and to work on behalf of all of us."

Trump tweeted Saturday that Pence had been "harassed" by the cast. He called them "very rude" and demanded they apologize. On Sunday he repeated his order for an apology.

"The cast and producers of Hamilton, which I hear is highly overrated, should immediately apologize to Mike Pence for their terrible behaviour," he tweeted.

But Pence told Fox News that Hamilton was an "incredible production" involving a very talented cast. On whether he thought an apology was necessary, he said: "I'll leave it to others whether that was the appropriate venue to say it."

When prompted by Trump for an apology, Dixon responded on Twitter that "conversation is not harassment sir."

Reaction to the debacle was mixed, with some calling Dixon's speech "disrespectful" and threatening to boycott the show and others saying it was an important message that needed to be delivered.

THE ASSOCIATED PRESS

Police remove protesters from the streets after they shouted slogans at Vice President-elect Mike Pence while he was leaving the Richard Rodgers Theatre after a performance of Hamilton. THE ASSOCIATED PRESS

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Remembering those who survived

BOSTON MARATHON

Documentary speaks to the resiliency of the victims

Steve Gow
For Metro Canada

Now that Donald Trump will be America's next President, Ricki Stern and Annie Sundberg's documentary Marathon: The Patriots Day Bombing has unexpectedly adopted an extra layer of poignancy.

"It was already going to be relevant because unfortunately we've seen these attacks in the past year — not just here but internationally," said Stern recently, paralleling the film's central terrorist strike with the xenophobic and racist acts that have sprouted up since the US election on Nov. 8.

"But we think that (there's a) message that can come out of it — the resiliency, the human spirit, this pulling together and loving each other and not becoming xenophobic or anti-Muslim."

An impassioned exploration of the Boston Marathon bombing that took three lives and injured more than 250 others, Stern and Sundberg's movie (which premieres Monday on HBO Canada) aimed to avoid lionizing the homegrown extremists and instead investigate an inspirational aspect to the 2013 tragedy.

"There has been, at least in the United States, this unfortunate celebrity of the perpetrators — we remember their names, we talk about them — but we don't remember the survivors," said Stern. "Our unique angle was to get in very intimately with the survivors (because) that universal suffering that they've gone through and demonstrating how we can persevere and overcome is something we all go through in our lives."

As such, the film introduces several victims who were gravely wounded in the blast and have since struggled with physical and emotional challenges — even as they cope with the politics of terrorism.

"I think what was surprising to us was their mental fortitude," said Sundberg. "There's very little good that you could say can come out of a terrorist bombing but even J.P. (Norden, who had burns over 50 per cent of his body) will talk about how that experience gave him a more considered approach to his life."

Celeste Corcoran, who lost both her legs in the marathon bombing, changes the bandages on her daughter Sydney's injured foot. The 18-year-old, who is getting ready for her High School senior prom, was also hurt in the bombing. BOSTON GLOBE STAFF PHOTO BY JOHN TLUMACKI

The filmmakers hope the survivors' renewed perspective also gives audiences a lift after a very divisive election. If a recent screening is any example, it seems to be working.

"I just got several emails from the New York crowd who saw it and they're like, its so good to be an American again," laughed Sundberg. "I think people looked at this film and thought it speaks to the best of what you could be as a human being."

TELEVISION

A Marriage in movies

For a decade, Sundberg and Stern have been making award-winning documentaries together on everything from comic legend Joan Rivers to the Darfur genocide.

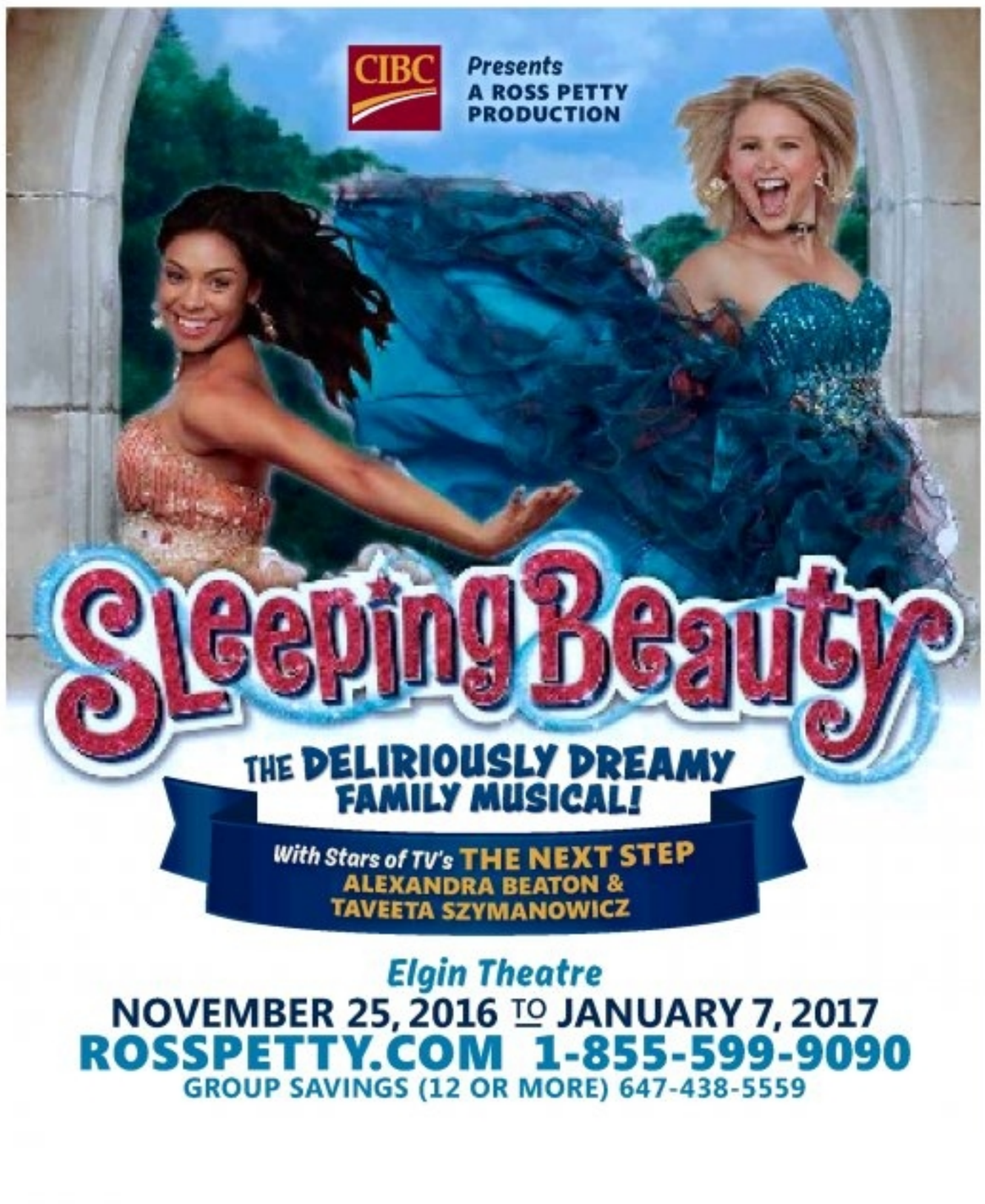
"That's a whole other long conversation," said Sundberg on what makes their partnership tick. "We're both so incredibly independent but also like the process of working together — that shared sense of give and take."

More On Boston

There are other movies in production exploring the Boston Marathon Bombing — most notably the forthcoming drama Patriot's Day starring Mark Wahlberg.

"This community was trying to survive this horrific terrorist attack and find out who did this and pick up the pieces," said filmmaker Peter Berg.

STEVE GOW/FOR METRO



THE DAP-KINGS

Soul singer Sharon Jones dies at 60

A big-voiced soul singer who performed with high energy onstage has died in New York after battling pancreatic cancer. Sharon Jones was 60.

Her representative Judy Miller Silverman says she died Friday at a Cooperstown hospital surrounded by her band, the Dap-Kings. Silverman says in a statement, "Thank you for your prayers and thoughts during this difficult time."

Jones was diagnosed with Stage 2 pancreatic cancer in 2013.

Her story was told this year in a Barbara Kopple documentary called Miss Sharon Jones! The film documents her transformation into a cancer patient and back into a full-throated force.

Jones returned to the music scene with a 2014 Grammy Award nomination for her album Give the People What They Want and an album of holiday classics called It's A Holiday Soul Party!

THE ASSOCIATED PRESS

NEWS IN BRIEF

Beastie Boys' playground vandalized with swastika

A Brooklyn playground named for the late Beastie Boys' star Adam Yauch had been vandalized with swastikas and the words "Go Trump!"

Photos show the swastika and words were spray-painted on playground equipment in the Brooklyn Heights neighbourhood.

The city named the park for the late rapper, who was Jewish, in 2013. He died of cancer in 2012 at the age of 47. THE ASSOCIATED PRESS

Passionate artist turns her nimble mind to business

Jennifer Lee Koss, runs a burgeoning retail business, Brika, both online and in brick-and-morter popups like at the Yorkdale Mall in Toronto. STEVE RUSSELL/TORONTO STAR

PROFILE

Lee Koss is an artisan who's mastered her own life story

Shinan Govani
For Torstar News Service

"They call us the Korwegians," she says with a flick of the droll.

That was Jen Lee Koss, one of Toronto's most intrepid polymaths, sitting down the other day at L'Espresso on Bloor, giving the lowdown on her union with Scandinavian-sprung Olympic speedskater Johann Olav Koss.

As someone whose business literally leans on the artisanal — thanks to the booming retail concept that is Brika — it probably isn't surprising that her personal life is bespoke, too: raised Korean-American, married to a man from Norway, now raising a brood together in Toronto.

Indeed, Koss, a Juilliard-trained cellist, may not be here today — remnants of a scone on a plate before her — if she didn't happen to touch down in Canada in 2005. Based then in the U.K., where she was toiling in management consultancy (stints at Harvard and Oxford behind her), she'd agreed to take a meeting with Johann's burgeoning youth advocacy not-for-profit, Right to Play.

"I flew from London to Boston to Toronto, and when I walked into the room. . ." Dot. Dot. Dot. Koss's eyes enlarge Bambi-wide.

"It's weird when people say something like that happens, but. . ." she trails off, alluding to cupid's expert aim. The meeting was followed by lunch ("that sushi place next to Terroni" on Adelaide), followed by an impromptu invite by him to a black-tie event that very night. She said yes, naturally —but hadn't brought anything to wear.

Cue the Pretty Woman-esque dress-rush. After a stop at Holt Renfrew, she arrived at the event (at which the Olympian was receiving an award) only to find out he was seated at a head table, and they weren't going to be able to sit together on their "first date." He didn't know! Clearly, she did not hold it against him.

She and Johann (who, in another life, was married to heiress Belinda Stronach) kept things going while she returned to Harvard to do an MBA. She moved to Toronto in 2008. They were wed soon after, with three A-lettered kids — Annabelle, Aksel and Andreas — arriving swiftly thereafter.

Running behind rugrats isn't the only thing on Koss's to-do list these days. There is the business she co-founded, which connects shoppers and craftspeople — Brika has worked with 400 one-of-a-kinders — and has seemingly mastered the art of harnessing synergy of online with off.

While the endeavour started off as web-centric — its product lines range from baby clothes to paper goods — the concept proved so winning that it's morphed into real-life popups, like one done with Hudson's Bay.

For this holiday season, there are three new popups, including one in The Path, one at Yorkdale, and another in Yorkville Village.

Talk to Koss, the shopper-enabler, and the word that swims up, again and again, is "story." She's gaga over the idea of a narrative built into the purchasing experience. To that end, Brika has indulged in capsule collaborations with the likes of actress Meghan Markle — long before she became the subject of royal fervour — and another with Chelsea Clinton (who, amazingly, was Koss's roommate at Oxford).

That latter collaboration? It involved a line of elephant-themed nursery items, with some proceeds going to various wildlife charities.

About her relationship with the former First Daughter (not to mention, the almost-was-again), Koss is suitably discreet, though in the Washington Post, some years back, she did paint this picture about her ex-roomie: "She feels a great responsibility to follow through and act on things that matter to her." And when I broach the subject of the recent American election, which had Koss speaking out publicly for Chelsea's mom, she sums up the loss in a word: "Heartbreaking."

Something else that Koss has had, clearly, to come to terms with: her cellist aspirations.

For many years, music was her one-and-only, it being such a calling that, at 18, she moved to a town in Germany's Black Forest at the behest of a particular cello instructor she wanted to study with. "From 10 years old, it was my entire life," she concedes.

At a certain point, she decided it just wasn't in the cards. "I needed more," she says, though her face still lights up even describing the cello:

"It sits in my closet, here in Toronto," she adds, "it" being the cello that was her friend for so many years.

Maybe someday, she'll play for her kids, she allows.

An artist in her marrow, with a brain for business, Koss seals it with a knowing smile.

ISTOCK

EIGHT WAYS TO CURB YOUR HOLIDAY SPENDING

Handy apps and other clever ways to stay on track

The holidays are fast approaching, and that means the extra expenses are too. All the gift-buying, decorating and entertaining associated with the festive season is likely to put pressure on your pocketbook. To ensure the arrival of your next credit card or bank statement isn't heralded by a pang of anxiety, read on for eight easy tips to keep holiday spending under control.

1. Set a budget and stick to it.
Estimate how much you can afford to spend on presents first, and divvy it up among the people on your list. Don't forget to include seasonal entertaining and decorating costs. At that point, add a cushion of five to 10 per cent. "It is human reality that we tend to go a little bit overboard," explains Mushtak Najarali, head of Everyday Banking for TD Bank Group. "We're less price sensitive during the holiday season, whether we're spending for travel or gifts."

2. Track your spending.
"Knowing how much you're spending – and what you're spending it on — is essential for making informed decisions about your money," says Najarali. Handy financial management apps such as TD MySpend make it simple to track spending on your TD Canadian personal banking or credit card accounts by providing real time notifications to your mobile device.

3. Let your fingers do the walking.
With list in hand, scan fliers and shopping aggregator websites that do the comparison shopping for you, but make sure you take into account the whole cost of purchases, including taxes, shipping costs, the exchange rate and other fees. "Sometimes you think you're saving $25, but by the time you do the conversion and pay the fees, it costs you those savings," says Najarali.

4. Make your own decorations.
Get creative and spray paint clay pots, fill them with florist's foam and dress them up with bows, twigs, and wooden ornaments from the dollar store. Or set out bowls of oranges, glossy red apples or Christmas ornaments on a bed of evergreen clippings. For tree garlands, try stringing popcorn, cranberries and pasta — it doubles as a fun crafting project to do with family. "If you do decide you need new decorations," advises Najarali, "hold off until January when they're often more than half price" for next year.

5. Give low-cost gifts from the heart.
Options might include a jar of homemade cookies or fudge or a "spaghetti day" package with pasta spoon, premium sauces, pasta and parmesan wrapped up in a colander for foodies on your list. Or make a "romance kit" for your significant other with candles, wine and cute "IOUs" you can print off yourself.

6. Entertain on a shoestring.
Instead of organizing a dinner party at a restaurant, host the get-together at your house. Budget can't tolerate a full dinner? Serve hors d'oeuvres or brunch instead, or organize a potluck dinner to share the cost.

7. Get back on track.
If you've blown the budget, don't despair. "Make sure to at least pay the minimum payments on your credit cards and focus on paying off the highest bill first, then the next highest," says Najarali.

8. Start saving for next year.
Want to avoid busting your budget next holiday season? TD's Simply Save program transfers a set amount of money from your chequing account to a savings account when you use your TD Access Card. You get flexibility to choose how much you transfer per transaction (from 50 cents to $5) and what kind of transactions to include (debit purchase, ATM withdrawal or both). "You don't even have to think about it, and it's small enough that you don't notice it, but after a while your savings start to build up," says Najarali. "When you get to next year, you'll have some cash to offset your spending over the holiday season."

"IT IS HUMAN REALITY THAT WE TEND TO GO A LITTLE BIT OVERBOARD."

– Mushtak Najarali, head of Everyday Banking for TD Bank Group

Spending insights at your fingertips

"I've tried spreadsheets and budgeting software for tracking spending and expenses," says Mushtak Najarali, head of Everyday Banking at TD. "But those methods aren't real-time and they can be time consuming. Moreover, you need to keep on top of them and proactively input your spending to stay on track."

To help you understand your spending habits better, the TD MySpend app sends real-time notifications to your mobile device when you make a purchase using a TD personal chequing, savings or credit card account. You will be able to immediately see if you are above or below your typical monthly spend. Your transactions are also automatically categorized into things like entertainment, utilities, dining out or transportation so you can better understand exactly where your money is going. "Knowing how you're tracking for the month makes it easier to make more informed decisions about your finances," adds Najarali. "Based on the notification, you might choose to treat yourself – or curb your behaviour."

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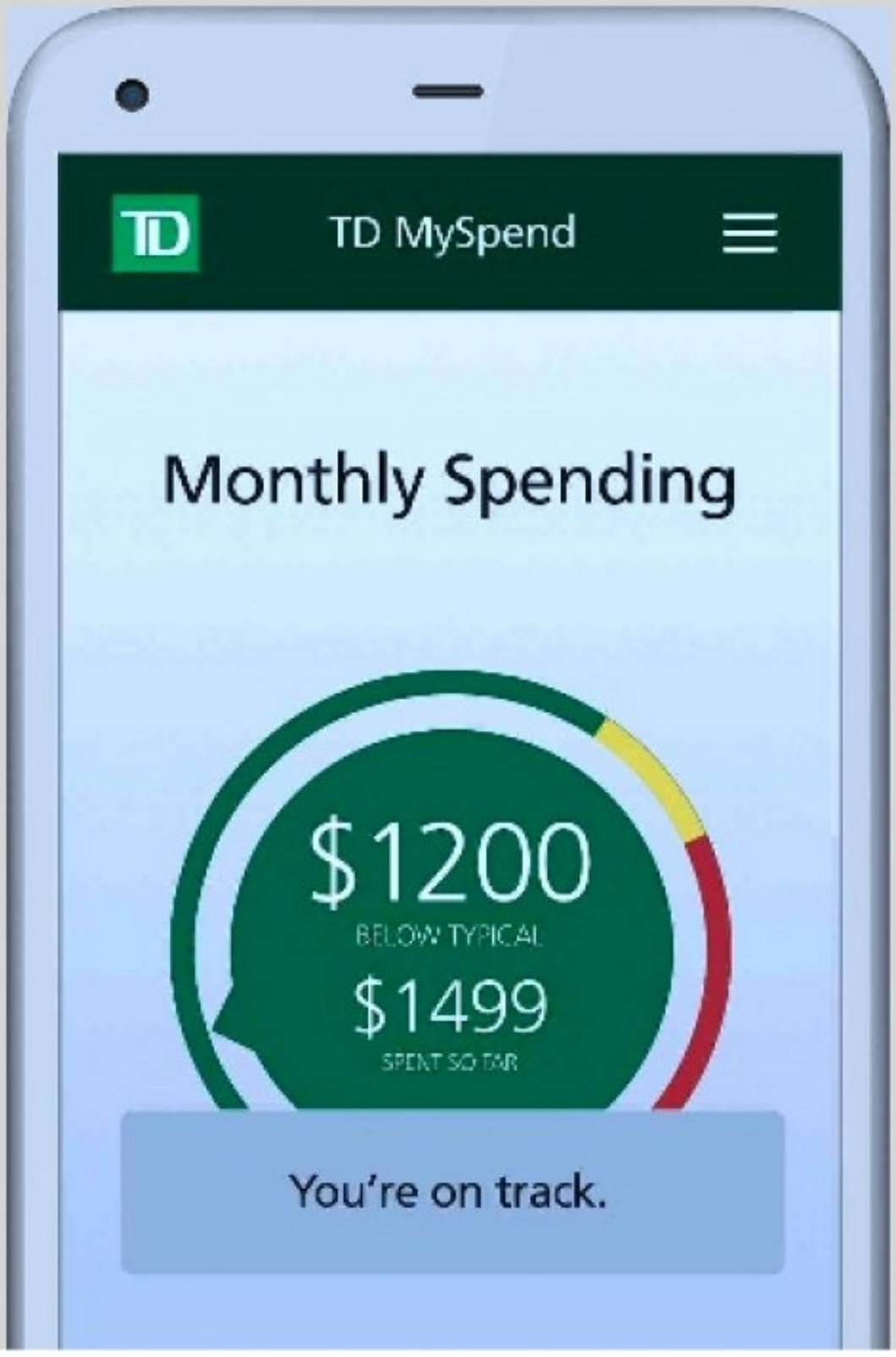

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"I'm very impressed, to be honest": Helio Castroneves likes what he's seen from Canadian IndyCar driver James Hinchcliffe on Dancing with the Stars

Leafs' porous D keeps playoffs a pipe dream

Dave Feschuk

The Canadiens' Alex Galchenyuk moves in on Maple Leafs goaltender Frederik Andersen as blue-liner Morgan Rielly defends in Montreal on Saturday. GRAHAM HUGHES/THE CANADIAN PRESS

Ever since Mike Babcock got Maple Leaf fans pondering the P-word last week — "We'd like to be in the playoff hunt after 20 games," was his frenzy-inducing phrasing — it's been an intriguing point of debate.

Is this talk of the post-season actually reasonable or wholly delusional?

As the Maple Leafs prepared for back-to-back games Tuesday and Wednesday against Carolina and New Jersey that will take them to the 20-game mark, it was worth taking stock of the kind of team the Maple Leafs have been through their opening 18 outings.

They have proven they can put the puck in the other team's net, for one thing. Even with prized rookie centreman Auston Matthews in the midst of a 12-game goalless streak, Toronto's depth of young talent — including a septet of Calder-eligible skaters responsible for 62 points, some 35 per cent of the team's output — has seen the Leafs take a huge jump in the NHL's offensive rankings. A season ago they were the third-lowest-scoring team in the league. Heading into Sunday's games, they were the third-highest. Last year they scored 198 goals. This year they're on pace for about 260.

That's made for some exciting viewing. But all the highlight-reel fireworks have been occasionally blunted by a grim counter-truth: the Leafs haven't been very good at keeping the puck out of their own net. Heading into Sunday, only three teams were allowing opponents to score more goals per game.

So it's a good-news, bad-news scenario so far, a top-three offence attached to a bottom-four defence. And here's the worst news: the history of the league suggests such combinations don't often earn berths into the Stanley Cup tournament.

In recent times, the 2014-15 Dallas Stars finished second in goals for and fourth-worst in goals allowed. They couldn't overcome the second-worst goaltending in the league as measured by team save percentage, so their 92 points in the standings left them shy of a playoff berth. The 2012-13 Tampa Bay Lightning scored a lot and gave up a lot — and finished third-last in the league standings in that lockout-shortened campaign.

All of this is to say that the Maple Leafs, if they're serious about hanging around in the playoff hunt, will need to improve their defensive results, pronto.

Which is why Babcock has been emphasizing the importance of stylistic discipline. The coach wants to see less of Toronto's offence coming off the rush and more from the less-risky cycle game. He wants less open-ice chance-trading and more tight-space, offensive-zone dominating.

It's never easy: expending more energy on the game's harder arts can seriously cut into a team's goal-getting prowess. What we do know is that internal expectations have increased. Witness Babcock's disappointment in Saturday's 2-1 loss in Montreal, where the Leafs outshot the Canadiens but fell short.

"I expected us to come here and win ... I just think there's more to give," Babcock said. "It's a harder game in the National Hockey League and you've got to dig in."

Whether enough Maple Leafs are ready to grab a shovel will go a long way toward determining if the team can lay the foundation for a playoff conversation that endures into the long winter ahead.

Dave Feschuk is a sports columnist with the Toronto Star

CFL PLAYOFFS

Redblacks earn Grey Cup do-over

Kienan Lafrance put the Ottawa Redblacks on his shoulders Sunday.

The sophomore running back came off the bench to run for 157 yards and a key touchdown to earn Ottawa an exciting 35-23 win over Edmonton in a snowy, windy East Division final. The Redblacks, who lost the 2015 Grey Cup 26-20 to the Eskimos, will face the Calgary Stampeders in this year's game on Sunday at BMO Field in Toronto.

Ottawa seemed headed to a comfortable win after surging to a 25-3 lead in the third quarter on Tristan Jackson's 75-yard punt return TD and Patrick Lavoie's two-point convert. But Mike Reilly, who threw for 340 yards, rallied the Eskimos with three TD strikes, including a 57-yard pass to Adarius Bowman that cut the Redblacks' lead to 28-23 with 3:15 remaining.

That put the onus on Ottawa's offence to try and run out the clock. But Lafrance, the Winnipegger who replaced injured starter Moses Madu (upper-body injury) in the first half, took it a step further, scoring on a 20-yard run with 45 seconds left that capped an eight-play, 70-yard drive and cemented the win.

"Before our final drive, (offensive co-ordinator Jamie Elizondo) got the offence together and said, 'If we call ourselves the best offence, which I know we are, we will run this clock down and we will take a knee and finish this game out,"' said Ottawa quarterback Henry Burris. "And then Kienan stepped in and said, 'Guys, give me the hole. This is why I'm here, I'm here to get us to the Cup and win the Cup."'

"He's a Manitoba Bison so if there's anybody used to running in these conditions, it's a guy from Manitoba. I'm pretty sure a lot of fantasy football owners are upset they didn't have Kienan Lafrance this week because he did a heck of a job."

Lafrance, a 2015 sixth-round draft pick had run for 163 career yards before Sunday.

THE CANADIAN PRESS

EAST FINAL In Ottawa

35	23

WEST FINAL IN CALGARY

- The Stampeders head to the Grey Cup the heavy favourite after thumping the B.C. Lions 42-15 in Sunday's West Division final in Calgary.
- The Stamps (15-2-1) and Lions (12-6) had the CFL's best records, but Calgary controlled from kickoff.
- Calgary pivot Bo Levi Mitchell, pictured, threw touchdown passes to Marquay McDaniel, DaVaris Daniels and Lemar Durant, plus a two-point convert throw to Kamar Jorden.

TODD KOROL/THE CANADIAN PRESS

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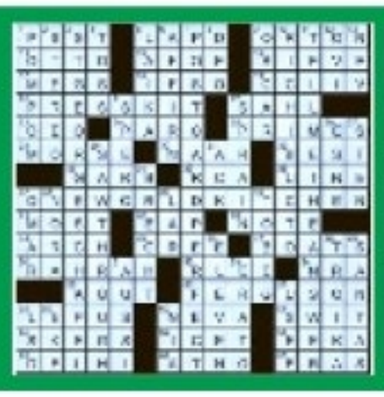

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9	3	6	7	2	8	1	5	4
2	1	8	5	4	6	7	3	9
8	2	3	4	1	9	5	6	7
6	9	4	3	5	7	8	2	1
7	5	1	8	6	2	4	9	3

Reds supporters brought in from cold

MLS CUP PLAYOFFS

TFC brings hardcore into indoor practice

While the weather outside truly was frightful, Toronto FC players were warmed by singing, chanting fans at practice Sunday.

As snow swirled outside the team's north Toronto training centre, some two dozen members of the Inebriatti supporters group were allowed inside to show the players some love ahead of Game 1 of the Eastern Conference final in Montreal on Tuesday.

"We're all in this together," said Toronto coach Greg Vanney. "It's good to have them stop by. We appreciate it, because it's a weekend, a Sunday, and I'm sure they have plenty of other things they need to do. But it just shows their commitment to the franchise and this team."

The fan visit started with a text to midfielder Jonathan Osorio asking if the group could come up and wish the team well. Vanney OK'd the idea and the flag-waving Inebriatti supporters, most looking like they were headed to a Metallica concert, found themselves taking in the end of an indoor TFC practice.

Captain Michael Bradley, flashing a rare broad smile, led the parade of players to the supporters for handshakes and hugs. Star striker Sebastian Giovinco posed next to an Atomic Ant banner.

"For me, this series is certainly up there ... in terms of big moments in Canadian football history.

Reds skipper Michael Bradley on Friday on the implications of a Montreal-Toronto East final

GETTY IMAGES

The supporters even tried to teach the players a few chants.

"It was very cool," said goalkeeper Clint Irwin. "It means a lot to us to see their support. To come on a weekend when it's blowing snow outside, it says a lot about their support and how much they care for this team.

"It just serves as a good reminder of what's at stake here and how much this city cares about what we're doing."

It was Toronto's final practice before flying to Montreal on Monday when the team will train at Olympic Stadium.

There was some strain this season with hardcore supporter groups after the Inebriatti were sanctioned by Toronto FC after an obscene banner was raised in its section during August's loss to visiting Montreal.

TFC called the banner "an embarrassment" to the club and its supporters. The Inebriatti, meanwhile, said it was not its work.

The two people deemed responsible were suspended by the club, which asked Inebriatti members to sign a code of conduct, saying they would have to do without their flags, banners and drums until they did.

That promoted other supporters groups to go silent at home matches until the club and Inebriatti ultimately agreed to talk through their differences.

Sunday's invitation suggests all is forgiven.

"I think it shows that we're way past all of that," said Vanney. THE CANADIAN PRESS

1 Chelsea 1, Middlesbrough 0 — Diego Costa's 41st-minute goal held up as Chelsea moved to the top of the English Premier League table with Sunday's result at Middlesbrough.

2 Real Madrid 3, Atletico 0 — With his hat trick on Saturday in Real Madrid's win at Atletico, Cristiano Ronaldo reached 18 goals to become the Madrid derby's top all-time goal scorer.

3 Drogba turfs doubts — Montreal Impact star Didier Drogba said Friday he's ready to play in the MLS East final even if the first leg will be played on artificial turf at Olympic Stadium. THE ASSOCIATED PRESS/THE CANADIAN PRESS

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FROM THE EDITORS OF THE KIT
compact

PHOTOGRAPHY BY JANE & JANE

Ninth straight win for Dallas

NFL

Quarterback Dak Prescott dominates second half

New backup, same result for rookie quarterback Dak Prescott and the Dallas Cowboys.

Prescott threw three touchdown passes, two to Dez Bryant, in the first game with Tony Romo as his backup, and the Cowboys set a franchise regular-season record with their ninth straight win, beating the Baltimore Ravens 27-17 on Sunday.

The Cowboys (9-1) punted on their first four possessions — a first this season — against the NFL's No. 1 defence. But Prescott completed 14 of 15 in the second half and led drives of 92 and 88 yards to start the second half and break a 10-10 tie. Both drives ended with TD passes to Bryant.

Dez Bryant celebrates his third-quarter touchdown on Sunday. GETTY IMAGES

"Like I said before, the guy's amazing," said Bryant, who had six catches for 80 yards in his first two-score game since his All-Pro season of 2014.

"We're going to follow that guy. We're going to continue to keep following that guy. The way that he adjusts and the way he handles his business, it says a lot about him."

Dak Prescott GETTY IMAGES

The Ravens (5-5), who lost to Dallas for the first time in five games in franchise history, controlled the tempo most of the first half. Baltimore stayed close on Joe Flacco's five-yard scoring pass in the fourth quarter to Steve Smith, who became the 14th player with 1,000 career catches.

But Dallas' third possession of the second half took more than six minutes before Dan Bailey's 21-yard field goal for a 10-point lead with 1:50 remaining.

"They scored every time they had the ball," Flacco, who was 23 of 35 for 269 yards, said of the second half. "In that kind of game, we've got to do the same thing."

THE ASSOCIATED PRESS

NFL

BRADY TAKES CHILDHOOD FAVOURITE 49ERS OUT

Patriots running back LeGarrette Blount rushes into a hole against the 49ers on Sunday at Levi's Stadium in Santa Clara, Calif.

Tom Brady threw for 280 yards and four touchdowns and New England beat San Francisco 30-17 in Brady's first road game against the 49ers team he rooted for as a boy.

THEARON W. HENDERSON/GETTY IMAGES

IN BRIEF

Toronto's rugby Wolfpack sign Kiwi veteran Moimoi

The Toronto Wolfpack have made the biggest signing of their short history, landing former Tongan and New Zealand international Fuifui Moimoi.

The 37-year-old prop spent 11 seasons with the Parramatta Eels in Australia's National Rugby League before moving to England to play for the Leigh Centurions under Paul Rowley, who is now coach of the fledgling Wolfpack.

THE CANADIAN PRESS

Jutanugarn finishes on top

Ariya Jutanugarn wrapped up her season by finishing tied for fourth Sunday at the CME Group Tour Championship in Naples, Fla., clinching the season-long Race to CME Globe points competition and its $1-million bonus.

The 20-year-old Thai golfer also won player of the year for the first time, meaning she supplanted Lydia Ko as both the CME Globe winner and the year's top player.

THE ASSOCIATED PRESS

Djokovic errors give Murray the year-end win

Andy Murray earned the year-end No. 1 ranking and his first title at the ATP finals on Sunday, beating Novak Djokovic 6-3, 6-4 in the last match of the tennis season.

Murray started with a pair of double-faults in the opening game, but it was soon Djokovic that was struggling with his serve. The second-ranked Serb was broken once in the first set and twice in the second as the unforced errors piled up.

THE ASSOCIATED PRESS

Jimmie Johnson wins it in the clutch

Jimmie Johnson celebrates Sunday's win in Homestead, Fla.
ROBERT LABERGE/GETTY IMAGES

NASCAR

Seventh championship ties Earnhardt, Petty's records

There was something special about NASCAR's playoffs this season that it made it feel like Jimmie Johnson would finally win his record-tying seventh championship.

Then it was time to race, and suddenly Johnson was anything but a slam-dunk.

His car was seized by NASCAR shortly before the race for a last-minute trip through inspection, setting Johnson up for a mind-boggling Sunday at Homestead-Miami Speedway. He was the worst of the four title contenders for most of the race, but was gifted the chance of his career when Carl Edwards coughed away the title.

Given two more chances to win the title, Johnson got the restart of his life to steal the win that earned him another entry in NASCAR's record books. Johnson led only one lap — the last lap — and it was good enough for him to tie Richard Petty and Dale Earnhardt as the only drivers in history to win seven titles.

"I had this crazy calmness over myself all day long leading into this," Johnson said. "Even with us running fifth and the championship looking like it's not going to be there, I just felt something."

Petty welcomed Johnson to the club.

> **"I told Jimmie I wish Dad was here to shake his hand."**
> Dale Earnhardt Jr.

"They set a goal to get where they are and circumstances and fate made it a reality," Petty said. "Jimmie is a great champion and this is really good for our sport."

He was also feted by Hendrick Motorsports teammate Dale Earnhardt Jr., who represented his late father in victory lane.

"I told Jimmie I wish Dad was here to shake his hand," Earnhardt said. "Dad would think he's such a badass. He's such a great race car driver. How he won this thing tonight, I don't think a lot of people know, he can will himself to get (his all) out of a car when it matters. There's a lot of circumstance that played into it, but he put himself in that position."

Johnson had to beat only Edwards, Joey Logano and defending champion Kyle Busch to win the title. He did it with his first career victory at Homestead.

Edwards was in position to win until a caution with 10 laps remaining set up a wild sequence that ruined his title hopes. Edwards tried to block Logano on the restart, wound up wrecked, and it was Johnson who drove through the carnage to take the championship lead.

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RECIPE Cornbread Topped Chili

PHOTO: MAYA VISNYEI

Ceri Marsh & Laura Keogh
For Metro Canada

Chili with cornbread is a classic combo, so we decided to create a meal that brings them together.

Ready in 40 minutes
Prep time: 20 minutes
Cook time: 20 minutes
Serves 6

Ingredients
- 1 Tbsp olive oil
- 1 onion, diced
- 2 cloves of garlic, minced
- 1 Tbsp chili powder
- 1 lb ground beef
- 1 x 28 oz canned tomatoes
- 1 x 14 oz canned kidney beans
- salt and pepper to taste
- 1/2 cup flour
- 1 Tbsp sugar
- 1/2 cup fine cornmeal
- 1/2 tsp salt
- 1/2 tsp baking soda
- 2/3 cup buttermilk
- 1/4 cup vegetable oil
- 1 egg

Directions

1. In a large pot, warm oil over medium heat. Toss in onion and garlic and let soften 3 minutes. Add beef and break up with a wooden spoon. Sprinkle with chili and cook about 5 minutes.

2. Add beans and tomatoes, season with salt and pepper and simmer for 15 minutes.

3. Preheat oven to 375 degrees.

4. While chili cooks, combine flour, cornmeal, salt and baking soda in a large bowl. In another bowl, whisk buttermilk, oil and an egg together. Combine, but don't overmix.

5. Carefully pour chili into a 2-quart baking dish or ramekin. Spoon cornbread batter over the chili and smooth it over. Place baking dish in oven 20 to 25 minutes, until cornbread is golden. Insert toothpick into cornbread to check that it is cooked through.

6. Allow to cool slightly before serving. Top with sour cream and grated cheese.

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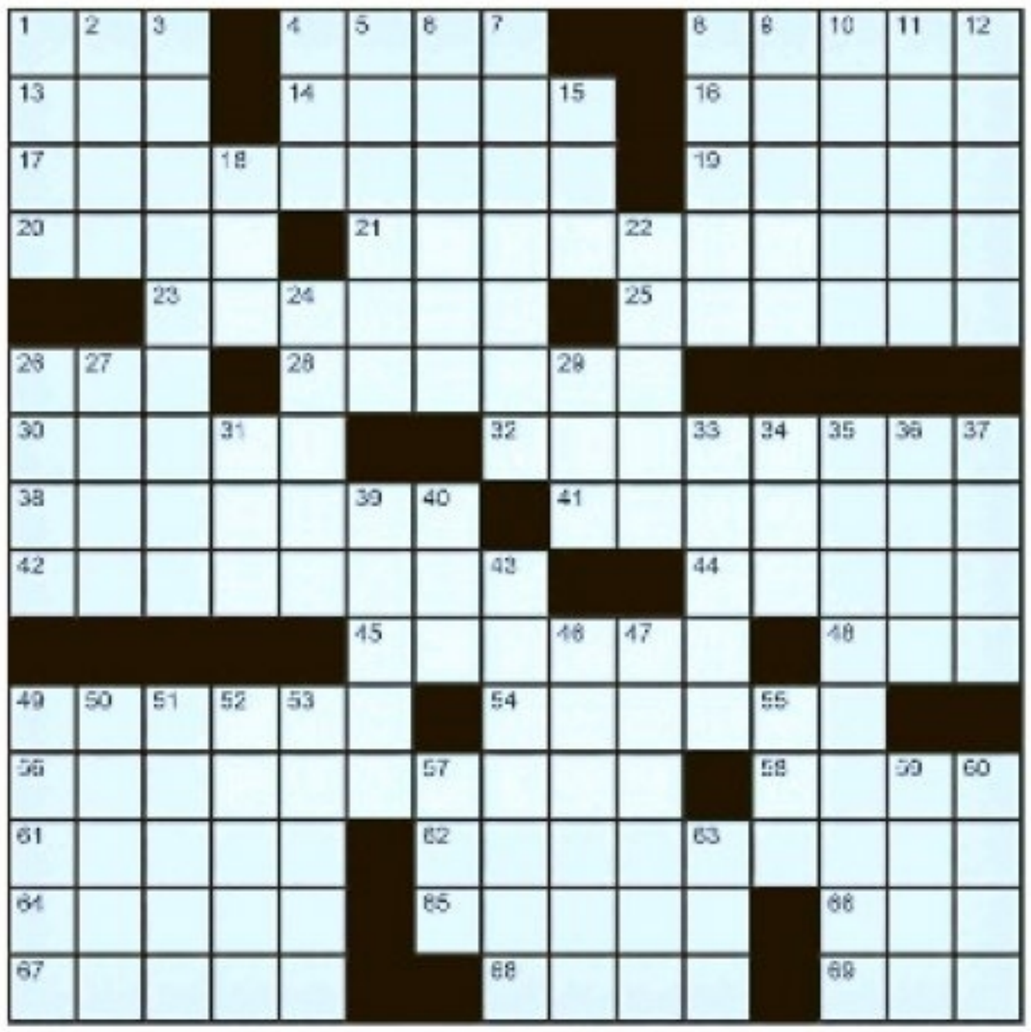
CROSSWORD Canada Across and Down

BY KELLY ANN BUCHANAN



ACROSS
1. Early-'80s song: "_-Man Fever"
4. Flight-related UN Agcy.
8. Swiss _ (Green leafy veggie)
13. "Turn to Stone" gr.
14. Balm
16. Moon-related
17. Trinkets
19. Musical blast from the past
20. Not ever, in verse
21. Wreckage grounds
23. File-using carpenter, say
25. Gauge
26. _, borrow or steal
28. Theatrical form of Japan traditionally featuring actors in both male and female roles
30. Flow-of-energy therapy
32. Erik the Red or son Leif
38. Back: French
41. Super silly
42. Fleetwood Mac's "_ _ Woman"
44. Figure skater Ms. Kerrigan
45. Informant
48. Racecar driver Mr. Fabi
49. Takes place
54. Medieval oboe predecessor instruments
56. Toronto Symphony Orchestra's home, _ _ Hall
58. Sparkling wine of Spain
61. Bill (Composer) or Tom (Actor)
62. _ Challenge (Current motionlessness-set-to-music fun time on social media)
64. Extraterrestrial
65. 1948 Pulitzer-winning poet, W.H. _ (b.1907 - d.1973)
66. Cape _, Massachusetts
67. "_ bleu!"
68. Fathers, to kids
69. Ron of '60s show "Tarzan"

DOWN
1. _ Station (Commuter hub in NYC)
2. Hand cream ingredient
3. Makeup brand
4. Baffin, e.g.
5. Purr-fect pet pampering place: 2 wds.
6. The Autobiography of _ _. Toklas
7. Plagued with pests, perhaps
8. Saturates with sappiness
9. Luau dances
10. Conductor Mr. Previn
11. Surprise wartime attacks
12. "_ You Up" by Madonna
15. Conductor, _-Pekka Salonen
18. Period
22. Figure Skating couples
24. Went down the snowy hill
26. Boast
27. Mr. Saarinen (Architect of the Gateway Arch in St. Louis, Missouri)
29. Tree of Hawaii
31. Josh
33. Brawn
34. Bambi's aunt
35. Condiment with roast leg of lamb: 2 wds.
36. 'Perform' suffix
37. "So Sick" single-named singer
39. Rene of "Tin Cup" (1996)
40. "_ Beso (That Kiss!)" by Paul Anka
43. French waxworks legend, Madame _ (b.1761 - d.1850)
46. "Help Me, _" by The Beach Boys
47. _ soups (Pantry items)
49. Wolves of the sea
50. Bella _ (Valley in British Columbia)
51. Faultfinder
52. _ nonsense
53. Big river in Europe
55. John Wayne crime movie of 1974 co-starring Canadian actress Colleen Dewhurst
57. UFC sport, for short
59. Bowed instrument
60. Tennis ace Mr. Murray
63. Nav. rank

IT'S ALL IN THE STARS Your daily horoscope by Francis Drake

Aries March 21 - April 20
Grab every opportunity to travel in the next four weeks, because you are keen to expand your horizons. You want adventure and a chance to learn something new.

Taurus April 21 - May 21
Your focus will be on shared property, taxes, debt, insurance matters and inheritances in the next four weeks. Do your homework to get prepared.

Gemini May 22 - June 21
You will need more sleep in the next four weeks, because the Sun is now opposite your sign, and the Sun is your source of energy. Respect your need for more rest.

Cancer June 22 - July 23
Do whatever you can to get better organized during the next four weeks, because this is what you want. It will boost your confidence as well as your efficiency.

Leo July 24 - Aug. 23
The next four weeks are a playful, flirtatious time for you! Enjoy all social outings, sports events and fun times with kids.

Virgo Aug. 24 - Sept. 23
Home, family and your private life are your main focus during the next four weeks. An interaction with a parent could be significant.

Libra Sept. 24 - Oct. 23
The pace of your days will accelerate during the next four weeks, because your schedule will be busy! Expect short trips, increased reading, writing and studying, plus many errands!

Scorpio Oct. 24 - Nov. 22
Now your attention turns to money and cash flow. During the next four weeks, you will seek ways to boost your earnings and monitor your assets.

Sagittarius Nov. 23 - Dec. 21
The Sun will be in your sign for the next four weeks, giving you a chance to recharge your batteries for the rest of the year. It's all about you now, dear Sagittarius.

Capricorn Dec. 22 - Jan. 20
Use the next few weeks to plan what you want for your new year ahead (birthday to birthday). If you make goals with deadlines, you likely will achieve them.

Aquarius Jan. 21 - Feb. 19
It's a popular month ahead! Enjoy interacting with others. Make a point of sharing your hopes and dreams with someone to get his or her feedback.

Pisces
Feb. 20 - March 20
During the next four weeks, you look great to bosses, parents and VIPs. Because you have this advantage, push your own agenda and go after what you want. Timing is everything.

CONCEPTIS SUDOKU by Dave Green

Every row, column and box contains 1-9

		8		3	2			5
	6							7
9		3		5	6		1	
		2			8	5		
	7						6	
		4	1			8		
	5		9	1		7		2
1							3	
4			2	7		1		

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